

# goodfood

Middle East

*Celebrate with*  
**CAKE**

It's our 10th  
anniversary!

*Homemade  
Halloween*

Host a spooky  
murder mystery  
dinner

**INSIDE**

WIN OVER  
AED35,000 IN  
PRIZES THIS  
MONTH!



## Autumn harvest

Whole baked celeriac with walnuts & blue cheese • Chive gnocchi  
with smoked cream & leek sauce • Lavender poached pear

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## EXPERIENCE THE FINEST INDIAN CUISINE



**SIGNATURE**  
BY SANJEEV KAPOOR

Indulge in the finest Indian cuisine with dégustation menu crafted by the world renowned celebrity **Chef Sanjeev Kapoor**. Choose from the best international wines & spirits in the most elegant ambience at **Signature by Sanjeev Kapoor**.

For reservations, please contact +971 4 386 8111

**MELIÄ DUBAI**

*Signature by Sanjeev Kapoor has been nominated for the BBC Good Food Awards 2017 in the Best Indian Restaurant category*







# Welcome to October!

It's been ten years since CPI Media Group launched the much-loved *BBC Good Food* brand in the Middle East. Since then, the title has gone from strength to strength, bringing its readership infallible, easy-to-make recipes, trustworthy tried and tasted restaurant and destination reviews, trend updates and one-to-ones with world-renowned chefs, plus much more, on a monthly basis in print and daily online at [bbcgoodfoodme.com](http://bbcgoodfoodme.com) – and what a journey it has been.



Inside this very special birthday issue, we're delighted to share with you a selection of some of our favourite cakes and bakes – what better way to celebrate than with cake, right?

I'd like to personally thank you, for your continued support and loyalty over the years. We wouldn't have evolved to where we are today without you or your love for good (really good) food.

Here's to another ten years of *BBC Good Food Middle East*!

Enjoy cooking this month,

*Sophie*  
Editor

## FROM THEN - TO NOW



This month it's BBC Good Food Middle East's tenth birthday – so, let's celebrate with cake – here are a few of our favourites!



"These butterfly cupcakes are elegant and make for the perfect birthday present," says sales executive, Liz.



Sales director, Michael says: "This gravity-defying sweetie cake, in my opinion, is the coolest of the brunch – and will be sure to impress your party guests!"



"The Funfetti cake is my favourite! It does what it says on the tin – it's FUN, and extremely yummy", designer Froilan says.





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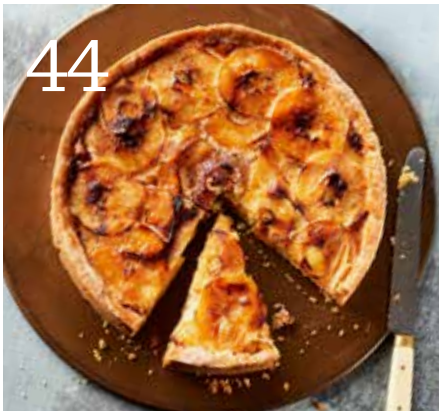
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## Our recipe descriptions

**V** Suitable for vegetarians.

**❄** You can freeze it.

**❄** Not suitable for freezing.

**Easy** Simple recipes even beginners can make.

**A little effort** These require a bit more skill and confidence – such as making pastry.

**More of a challenge** Recipes aimed at experienced cooks.

**Low fat** 12g or less per portion.

**Low cal** 500 calories or less per main.

**Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

**Good for you** Low in saturated fat, low in salt.

**Heart healthy** Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

**1 of 5-a-day** The number of portions of fruit and/or veg contained in a serving.

**Vit C** **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

**GLUTEN FREE** Indicates a recipe is free from gluten.

**Some recipes contain pork & alcohol.**

**These are clearly marked and are for non-Muslims only. Look for these symbols:**

**P** Contains pork.

**A** Contains alcohol.



# gf YOUR SAY

We love hearing from you!

## STAR LETTER



**B**BC Good Food ME is my go-to magazine for a lot of things! From catching up on the latest reviews to the latest food trends. However my two favourite items in the magazine include the 'How To' section, through which I learn all kinds of tricks and helpful food tips, and the recipe section. I love reading about the latest recipes which are so diverse on the magazine and I have fun experimenting with them in my kitchen. Recently, I attempted the 'salmon en croute' for a dinner party I had, and it was a big hit with my guests, so thank you!

Heba Haddad



What do I love most about BBC Good Food ME? I would say restaurant reviews to start with – I believe your team has one of the

most honest opinions and whenever followed, I tend to enjoy the restaurant. Of course, recipes, I have gone into cooking and eating healthy on a daily basis trying to change my lifestyle. The recipes available on your website really make this better!

Neeru Jeswani



I thoroughly enjoy the compelling features, complemented by stunning photography and easy-to-navigate design within BBC Good Food ME, which provides a

comprehensive read along with a visual treat for foodies like me. The gamut of recipes engaging food-based lifestyle features and the latest news and views are icing on the cake we get ONLY in your magazine and on [bbcgoodfoodme.com](http://bbcgoodfoodme.com). Keep up the good work. Best wishes always from your ardent (foodie) reader!

Seema Shelat

# WIN!

The Winner of the Star letter receives a **1,000 AED shopping voucher from Tavola**, the leading retailer for your favorite brands of kitchen products, tableware and bakeware. Shop for Alessi, WMF, Staub, Zwilling Henckels, Vitamix, Wilton and much more in our stores across the GCC and online: [www.tavolashop.com](http://www.tavolashop.com)



## TALK TO US!

Email us on [feedback@bbcgoodfoodme.com](mailto:feedback@bbcgoodfoodme.com) with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:



Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.



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# NEWS

## *nibbles*

What's hot and happening in the culinary world, here and around the globe.

### TASTE OF ABU DHABI RETURNS

Serving up three days of foodie fun, Taste of Abu Dhabi will take place from November 9 to 11, 2017 at the du Arena on Yas Island. During the event, experience some of the city's most loved restaurants and cafes, as they serve up gourmet dishes, while you enjoy a lineup of musical talent – including British pop star Tony Hadley, former Spandau Ballet lead singer, performing classic hits including 'Gold,' 'Only When You Leave' and 'True,' on the opening night.

This year's chef lineup, includes Dean Parker from London restaurant The Manor, Hong Kong eatery Café Gray Delux's Eric Raty, Gregory Marchand from Paris' Frenchie restaurant and Nathan Sasi from Sydney's Mercado to name a few. Joining them will be Taste of Abu Dhabi favourites Sanjeev Kapoor, Reza Mahammad and South African chef Jenny Morris. For more information and tickets, see [tasteabudhabi.com](http://tasteabudhabi.com).



## THE BEST BITES

### AN APPLE A DAY

More than just a crunchy, portable snack, apples are packed with nutrition too

- ✓ Rich in antioxidants
- ✓ Good source of fibre
- ✓ Vitamins A, C and K
- ✓ Low GI



Text SOPHIE MCCARRICK | Photographs SUPPLIED



SKINTED V MINTED

## Ice cream makers



**SKINTED** Andrew James ice cream maker, Dhs126, [andrewjamesworldwide.com](http://andrewjamesworldwide.com)

This 1.5-litre ice cream maker is a freeze-first model, meaning you need to freeze the bowl in advance. Once that's done, just add your ingredients and press a button to make ice cream, sorbet or frozen yogurt in just 20-30 mins. It's very simple to use and clean, and its compact size is great for those with limited kitchen surfaces.



**MINTED** Cuisinart gelato and ice cream professional maker, Dhs1,265, John Lewis

There's no need to freeze your bowl with this maker: simply add your ingredients, set the timer and press start. There are two paddles – one for ice cream and one for gelato – but you can also make sorbet and frozen yogurt. It's very quick, making professional quality ice cream in less than an hour, but its large size means it's not ideal for small kitchens.



## MEET THE BOSS

On the lookout for a new blender? Meet 'The Boss' by Breville. The Boss features a high velocity ProKinetix blade and bowl system that pulverises virtually any combination of ingredients. Creating up to 50% smaller particles, this superfine texture can create a smoother mouth feel than some other blenders.

With one touch functions including the world's first 'Green Smoothie' function and variable speeds ranging from a slow stir to a pulverising high speed mill, create everything from green smoothies, nut milks to hot soup, from sorbets to hummous and from nut butters to fresh milled flour and dips. Priced at Dhs2,699 from [breville.ae](http://breville.ae).



## Healthy snacking



*Are you a serial snacker? Do you find it impossible to sit on the sofa without a bumper bag of crisps, or can't get through the 9-5 without a nibble on something naughty? Well, there's no need to deprive yourself with our low-fat, better-for-you bites.*

**DARE TO DIP** – Easy to eat, moreish and often high in fat - don't let deceptive dips be your downfall. Swap creamy, cheesy, calorific types for healthy versions packed with whole foods, veg or your favourite fish.

**A LIQUID LIFT** – Put down the chocolate and fill up with super smoothies. Throw in as much fruit as you like and not only will you be calming sugar cravings, you'll be getting a good dose of your five-a-day too.

**NICE NOT NAUGHTY** – We all need a treat from time to time and we can literally have our (slice of) cake and eat it with these lovely, light recipes. Perfect to revive you from the afternoon lull. Visit [bbcgoodfoodme.com](http://bbcgoodfoodme.com) for these recipes: Banana & blueberry muffins, Lime & chilli pitta crisps, Skinny chocolate & cranberry muffins, and Fruity teacake.



## GO PINK for Breast Cancer Awareness

In recognition of Breast Cancer Awareness month this October, Dari Home has added a new pink Kitchenaid Artisan® Series 4.8 L Tilt-Head Stand Mixer to its range. Priced at Dhs2,999, the pink mixer has the ability to make cake mix and multiple batches of cookie dough with a 4.8 litre stainless steel mixing bowl with comfortable handle. With 10 speeds, the stand mixer can mix, knead and whip ingredients with ease. And for versatility, the power hub fits optional attachments from food grinders to pasta makers and more. See [darihome.com](http://darihome.com).

# Make A Wish



Gourmet Gulf has raised Dhs150,000 over the last couple of months for the non-profit organisation 'Make-A-Wish' UAE. The fundraising campaign #RamadanWishes united seven UAE-based restaurants to help grant wishes for children with life-threatening medical conditions. Across Ramadan and through July, diners at Azkadenya, California Pizza Kitchen, Dalloyau, Panda Express, Texas De Brazil, The Hummingbird Bakery and Yo! Sushi, were invited to add a small donation to their restaurant bill. In the spirit of giving, the Gourmet Gulf team also contributed and actively raised funds for the campaign. Some of the wishes that have been granted include a bedroom makeover and trips to Disneyland Paris and Japan. To make a donation or to learn more about the Make-A-Wish UAE foundation, see [makeawish.ae](http://makeawish.ae).



## Hydration for children

Did you know that an approximate 65% of children arrive at school under-hydrated, because they feel other beverages are refreshing and tastier than water? For example, it's most common for a child to opt for orange juice in the morning, than water. To help instill healthy hydration habits among little ones, evian has joined forces with Disney to offer five exclusive Mickey and friends bottles in an appealing package to encourage kids to hydrate themselves along with their favourite characters. Available in 310ml single bottles and a collector pack across selected major outlets in the GCC.



## HOSTING A PARTY?

To help take the hassle out of searching for catering quotes for your next dinner party, ServiceMarket, an online platform in the UAE that helps users with moving, handyman and painting solutions to name a few, has added a catering category to their list of services. The platform allows customers to request free quotes from different caterers at the click of button, and freely choose the one that is best suited to their event and budget. Visit [servicemarket.com](http://servicemarket.com).



World  
Osteoporosis  
Day:  
October 20

## STRONGER BONES

We've teamed up with the National Osteoporosis Society in the UK to explore calcium-rich foods. Mic and match from these to reach the daily 700mg that most adults need.

**To get 300mg calcium, eat:** 30g parmesan OR 40g Edam OR 60 paneer cheese

**To get 200mg calcium, eat:** 30g cheddar OR 200ml cow's or soya milk OR 120g tofu

**To get 100mg calcium, eat:** 105g can pink salmon OR 2 dried figs OR 1tbsp sesame seeds

**To get 50g calcium, eat:** 70g red kidney beans OR 1 large orange OR 10 whole almonds



# THURSDAY BARBECUE.

Thursdays, 7.30 pm - 11.00 pm

Abu Dhabi's favourite night alfresco is back. End the week on a glorious note with a lively evening of great food and live entertainment. Discover the finest Middle Eastern and world flavours at The Pool Deck, with a succulent selection of flame grilled marinated meats and seafood, a sushi bar, Arabic specialties and a fresh salad corner.

**AED 199\*** per person including soft drinks

**AED 259\*** per person including house beverages

**AED 319\*** per person including sparkling grape

*\*Subject to 10% service charge, 6% tourism fee and 4% municipality fee.*



The Pool Deck  
Anantara Eastern Mangroves  
Table bookings 02 656 1000  
emdining@anantara.com

  
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## FLAVOUR OF THE MONTH

### Fruit cubes

Cut **melon** and/or **kiwi fruit** into cubes and freeze. Add to **water** or **juices** (they're particularly good in fizzy water), or just eat as a fun frozen snack.



### ICE

Okay, so ice probably doesn't sound like a flavour, but the changes it makes to the drinks or dishes it's added to are certainly as dramatic as any other ingredient. We all know sweet drinks loaded with ice taste much better than those without, but it's also worth considering how much ice you add. One small cube will melt faster than a whole handful, so if you're worried about things becoming too watery, then actually adding more ice is the right way to go, if a little counterintuitive.

Ice doesn't have to be just water either: by adding additional ingredients you'll find that their aroma and tastes are released in stages, giving you a gradual transformation from one set of flavours to another. Two drinks in one!

Not only what we're freezing in the cubes but also the shape of them has become more interesting. Nearly every shape and size you can think of is available now, from giant spheres that melt slowly in a glass of fine whisky to ice cubes shaped like sea creatures, pineapples, your favourite emoji or even the Death Star.

Here we've gathered some of our favourite ice-cube based ideas to keep you cool this month.

### Olives & brine

Pop whole pitted **green olives** in an ice cube tray and fill up with some of the brine from the jar. Freeze until solid. Add to chilled beverage for a speedy mocktail or cocktail.

### Coffee

Freeze **cold espresso** in an ice cube tray. Shake **50ml vodka** with **25ml Baileys** in a shaker with some ice, then strain into a glass with the frozen coffee. Coffee ice cubes are also great into cold milk or tonic water.

### Mini grapefruit & orange

Freeze freshly squeezed **orange juice** and **grapefruit juice** in mini ice cube trays, keeping the two flavours separate. Serve scattered over a bowl of thick **Greek yogurt** with a few pinches of **granola** and a drizzle of **honey**.



## Herbs & flowers

Try ice cubes in a green gazpacho. Freeze a mix of **basil leaves**, **mint leaves** and edible flowers such as **pansies** and **nasturtiums** into ice cube trays with water. Blitz a **160g bag of watercress**, **rocket** and **spinach salad**, 1 tbsp **fresh pesto**, a **handful mint leaves**, 1 **ripe avocado**, **200g Greek yogurt** and **2 tbsp sherry vinegar** in a food processor until smooth. Garnish with a few **basil leaves**, a drizzle of **olive oil** and the ice cubes.

## Fro-yo

Freeze **yogurt** into ice cube trays. Blend 4 yogurt ice cubes in a blender with  $\frac{1}{2}$  **avocado**, **150g raspberries** and **250ml milk** until smooth. Serve with a drizzle of **honey**, if you like.



# Flavours of the *month*

Here is what's hot and happening  
around town this month.

## New on the block

### 👉 Galvin Dubai, City Walk

Following the successful launch of Demoiselle by Galvin earlier this year, brothers Chris and Jeff Galvin were back in Dubai last month to see the opening of their latest fine dining restaurant, Galvin Dubai. Inspiration is drawn from a commitment to 'Best of British', infused with a Mediterranean Basin flair; an evocative array of Italian, Southern French and North African 'flavours of the sun'. Located in City Walk's licensed area, The Square, Galvin Dubai fuses a vibrant restaurant, bar and lounge. See [galvindubai.com](http://galvindubai.com).

### 👉 La Petite Maison Abu Dhabi

Gastronomes, mark your calendars. The firm Dubai favourite French restaurant, La Petite Maison (LPM) is set to open doors in Abu Dhabi this month on October 15. Bringing French-Mediterranean cuisine influenced by Ligurian Italy to Abu Dhabi, La Petite Maison will accommodate 80 patrons in its French-inspired vibrant indoor space. For a view of the capital's skyline while savouring signature dishes, diners can enjoy the outdoor terrace, which seats 60 guests.

### 👉 Chateau Blanc, Jumeirah Beach Road

Chateau Blanc, an elevated patisserie specialising in bespoke, custom-made cakes and desserts has opened its first venue in the Middle East. Guests can browse an array of French delicacies made from the world's finest ingredients, meticulously designed and made using artisan techniques daily on the premises, to be enjoyed in the venue, or to take-away. As the weather cools, guests can also enjoy breakfast, lunch or dinner on the spacious terrace with expansive views over the Dubai cityscape. Call 04-5597872.

### 👉 The Powder Room, DIFC

The Powder Room, based in the Al Fattan Currency House in DIFC, will open doors on October 3, 2017. Enjoy a decadent unlimited cheese and grape night, from a bite of blue to classic cheddar, for Dhs90 per hour.

Galvin Dubai, City Walk

Text by SOPHIE MCCARRICK | Photographs SUPPLIED



### 👉 Cabana, Address Dubai Mall

Let the fascinating flavours of Brazil take over your evening in the chill-chic settings of Cabana. Experience the mystique palette unfold in the form of succulent Churrasco grills sizzled to perfection and a variety of other Brazilian delicacies. The iconic views of Burj Khalifa and tantalising selection of meats is further complemented with an eclectic mix of Brazilian music and a spectacular samba dance performance. The ambience is perfect to unwind and rediscover weekends with friends and family, with entertainment from Brazilian samba dance performers, and a live band. Every Thursday from 7pm to 11pm, priced at Dhs295 per person including soft beverages and Dhs385 per person including house beverages. Call 04-438 8888 or email [dine.TADMH@theaddress.com](mailto:dine.TADMH@theaddress.com).



### 👉 Nine7One, The Oberoi, Dubai



Returning for 'brunch season' The Oberoi, Dubai presents a new concept to wow brunchgoers this Autumn – the Carnival Brunch. Capturing the essence of the theme, the team has designed an innovative menu using the freshest seasonal ingredients, combined with an elementary carnival menu to serve a distinctive selection. The gourmet

quest includes fried ravioli corn dogs, coconut crusted prawns, togarashi spiced seafood churros, flavoured pop corns, fried brie cheese with salted maple, assortment of sushi and more. The dessert station will cater perfectly to those with a sweet tooth; featuring treats such as charcoal ice-cream, cotton candy, lollipop waffles with gelato, traditional favourite cheesecakes, crème brûlée, and more. Brunch is served every Friday from 1pm-4pm, with prices starting from Dhs299. Call 04-4441444.

### 👉 Paavos Pizza, various locations



Paavo's Pizza offers tailor-made, 'build-your-own' pizzas, from oven to table in five-minutes or less. With various locations around Dubai, choose to dine-in or enjoy doorstep delivery. While the dough uses

ancient recipes and technique, pizzas are made fresh in front of your eyes, where you'll be given the option to choose from any 'Paavolicious Specialty Pizzas' from the menu or to customise your own pizza with up to 50 different toppings to choose from. Once you've decided on your toppings, all that's left to do is wait five-minutes (or less), for your freshly hand-crafted pizza to reach your table. For delivery in Dubai, call 600-500501.

### CRAFT CAFÉ, DUBAI DESIGN DISTRICT



A new ethnic inspired eatery, nestled in the dynamic Dubai Design District, Craft Café opened doors recently to serve up happy, healthy, homemade food. The space was lovingly designed by the founders and provides an earthy environment for customers to relax, enjoy and linger for breakfast and lunch. Craft Café's co-founders come from an extensive background in some of the world's top restaurants and have a combined experience of 20 years. The food crafted at Craft Café is engineered by Roberto Segura who was nominated as 'chef of the year' at the BBC Good Food ME Awards 2014 and as Best Latin American chef of year in The Pro Chef Awards 2017.

Craft Café provides a variety of tasty dishes ranging from all day breakfasts, salads, hearty mains, wraps to drinks such as hand harvested tea, smoothies and artisanal coffee blends.

Contact 04-5149032, [hello@craftcafe.ae](mailto:hello@craftcafe.ae) or visit [craftcafe.ae](http://craftcafe.ae).

**Our 10  
must-visit  
cafés this  
month!**



## Dunes Café, Shangri-La Hotel, Dubai



A new concept called the 'Jewellery Box High Tea', has launched at Dunes Café. Available daily from 1pm – 6pm, for Dhs180, discover fashionable patisserie and savoury treats placed in a myriad of drawers – from butter cookies, and macadamia nut tart with Chantilly milk chocolate, to café latte panacott and lipstick jelly, there's plenty to choose from. Call 04-4052703.

## Moombai & Co. Café and Bar, H Hotel

Newly opened, this café is inspired by Mumbai's traditional Irani- Parsi cafes – and is the place to be for something different. Enjoy everything from a hearty morning breakfast with poached eggs or Bheeda baked with eggs to a traditional barbeque section with meats, charred vegetables and bread. Call 04-5018607.

## Counter Culture Café, Dubai Marriott Harbour Hotel & Suites

Rev things up at Counter Culture Café's 'Freak Out Mondays', with juicy 'freak' burgers and shakes like Oreo Cheesecake, Minty Mayhem or the ultimate Sweet Killer. Burgers starting from Dhs90 and shakes starting from Dhs45. Every Monday, 1pm to 10pm. Call 04-3194786.



## Farzi Café, City Walk

Farzi Café, the modern spice bistro by Zorawar Kalra, has recently launched its exclusive breakfast menu, now with their latest addition, the French Toast Jenga. The menu is served from 10am to 12pm every day, offering global cuisine with Arabic and Indian influences. Delight in dishes such as eggs benedict with tawa toast with a luscious drizzle of desi ghee hollandaise, coriander akuri, maska focaccia and more. Call 04-3942556.



## Café Bateel, various locations

Café Bateel has revealed the launch of its new Afternoon tea throughout the GCC, a curation of assorted gourmet treats served with a cup of Bateel's finest. Pair your afternoon with a side of gourmet treats, ideal for a day with the girls. Bateel continues to marry Western influences with its quintessentially Middle Eastern touch, from the Baba Ghanoush toast served alongside a classic salmon finger sandwich to Kholas Pecan Pie with a bite of traditional English fruitcake. See [bateel.com](http://bateel.com).

## PANTRY CAFÉ, BUSINESS BAY



Last month, Pantry Café introduced its latest development, 'Baked' by Pantry Café through their in-house bakery in the Bay Square branch, with a wide range of breads and bakes that are now available for purchase at the store. All the breads at Pantry Café are entirely hand-crafted, baked daily and based on traditional techniques and natural ingredients. The list on retail includes white sourdough, whole-wheat sourdough, Rye and brioche tin loaf, among other varieties. See [pantrycafe.me](http://pantrycafe.me).

## The Brass Dubai, City Walk

East meets West at The Brass Dubai, where options on the menu include the likes of 'Chocolate Tahini Brioche' and 'Sumac Caesar Salad'. And, when it comes to beverages, savour blends like 'Lavender Honey Latte', 'Coconut Chai', and 'Walnut Sahleb'. Call 04-3856971.



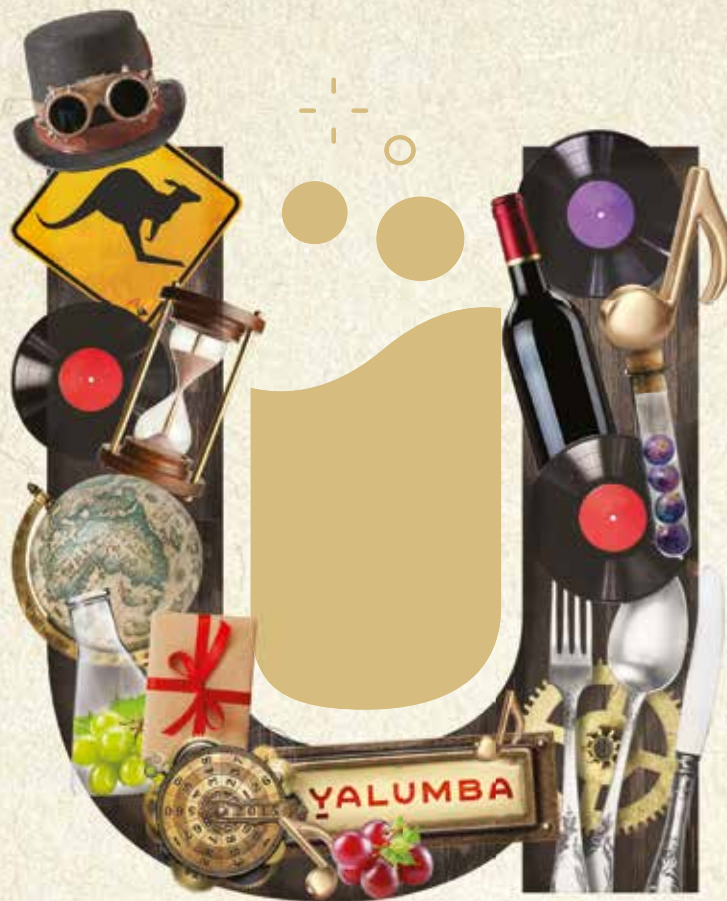
## Arrows and Sparrows, The Greens

To celebrate their first successful year of business, Arrows and Sparrows is giving away free coffee and homemade cookies to customers on Wednesday, October 4th. Customers can drop in any time between 8am and 10pm for a free brew and a sweet treat. Call 04-5588141

## Sass Café, DIFC

Sass' Café will celebrate Halloween by transforming into a spook-tacular venue. Guests can dine and dance at the "Mondays Made Me" Halloween edition dinner party on Monday 30th of October with an a la carte French menu with a 'spooky flair'. Call 04-3527722.





# brunchology

{science of brunching}

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#brunchology  
#yalumbadubai



# Tried & tasted

Each month, we review five of the city's top tables.



Peyote Dubai, DIFC



Reviewed by **Sophie McCarrick**  
Editor of *BBC Good Food Middle East*,  
lover of all things food and a keen  
seeker of new dining experiences.

## Where?

**BILLIONAIRE MANSION,  
TAJ HOTEL, BUSINESS BAY**

**Dining experience:** The new 'Dinner Party' experience, which takes place every Saturday and Wednesday from 7pm – midnight.

**What's it like?** Brainchild of the ex-Formula 1 star, Flavio Briatore, Billionaire Mansion is every bit as swanky as it sounds – although, it's not quite a 'mansion'. Made up of several different venues including an Italian restaurant, the Billionaire Grill and Japanese-led Sumosan (all of which are served in the same restaurant), plus a separate nightclub and karaoke lounge – Billionaire Mansion is a one-stop destination for a great evening out – particularly for those celebrating a special occasion.

We visited to check out the restaurant's newly launched 'Dinner Party', which sees diners entertained by a spectacle of performances every 15 minutes. When I say performances, I'm talking mesmerising trapeze artists, theatrical dancers, magicians, artists walking around dressed as lamps – the list goes on! The vibe is truly alive and energetic, with diners around us having a visibly great time (myself included).

## What are the food highlights?

Overseeing the kitchen is head chef Batuhan Piatti, who is not only a superstar chef known for his appearances on Turkey's *MasterChef*, but also the life and soul of the party –



making regular appearances in the dining room to ensure all guests are satisfied and enjoying the food served.

Although sushi and pasta aren't naturally seen on menus together, somehow, Billionaire Mansion makes it work and it's magnificent. The experience begins with delightfully creamy burrata with juicy, assorted cherry tomatoes, paired with a stunning portion of tender octopus and veal carpaccio – all served to share. An in-between starter course of varied sushi follows, showcasing fresh, chunky cuts of tuna, salmon and hamachi. For



mains and the standout dish of the night, came the salt-crusted wild sea bass (for two), flambéed tableside and served filleted. Grilled langoustines follow, and are seasoned beautifully to rightfully allow natural flavours take the limelight. For dessert, things are kept light (for the most part) and refreshing, with a gorgeous platter of fruit sorbets and homemade ice creams – mochi included!

**How was the service?** Service here is suave, attentive and fun. As the evening progresses and the tempo picks up, service staff join in the party – dancing and all.

**The bottom line:** The perfect venue to celebrate an occasion with a small group of friends. From the food to the show, Billionaire Mansion has its offering perfected across the board.

**Want to go?** Priced at around Dhs400 per person for a three-course meal without beverages. To make a reservation, call 04 510 3100 or e-mail [reservations@billionairemansiondubai.com](mailto:reservations@billionairemansiondubai.com).





### Where?

### PEYOTE DUBAI, DIFC

#### Dining experience: Dinner

**What's it like?** Bringing modern Mexican cuisine to life in DIFC, Peyote – named after a small cactus native to the Chihuahuan Desert – is a newly opened restaurant which strays from the norm that's usually seen at Mexican eateries. Brainchild of Eduardo Garcia, the famed chef from one of Latin America's top 50 restaurants, Peyote Dubai is an import from London's Mayfair. The restaurant boasts individuality and presents diners with a contemporary twist on the flavoursome cuisine, and simultaneously its interiors. Designed by famed Mexican architect Javier Sordo Madaleno Bringas of Sordo Madaleno Arquitectos,

Peyote boasts sleek, minimalistic décor, with beautiful use of greenery, wood, stone and marble.

We visit the restaurant on a Saturday night and the scene is quiet to begin with, however, picks up to a nice lively yet relaxed tempo as the evening goes on – particularly in the bar and lounge area, which sees people popping in for drinks and bar bites (guacamole and homemade tastadas are a must!).

**What are the food highlights?** Led by executive chef Alexander Stumpf, who previously spent over seven years at Zuma, the pass is viewable from the dining room – a touch I believe speaks volumes about a kitchen team's control and professionalism, which Peyote has already mastered.

His menu is split into various sections, including snacks, salads, crudos, totadas, tacos, quesadillas, meat, fish, sides and desserts – it's quite the selection, but don't worry, it's not as overwhelming as it may sound. The menu is designed to be shared, and I'd highly recommend doing so as there's a fantastic variety of dishes to be tried here – and as a bonus, a large proportion of Peyote's dishes are gluten and dairy free.

Starting with my favourite dish of the evening, the yellow fin tuna totasta with salasa macha and guacamole was alive with flavour and varied texture, while the ceviche blanco of diver scallop with young coconut aguachile and cilantro oil was subtle and light. The tempura tiger prawn tacos with chipotle mayonnaise and lime are scrumptious – the prawns coated

perfectly with a light, golden crisp, housed in a soft, homemade blue corn wrap.

Mains follow, with a tender serving of grilled Chilean sea bass with axiote marinade of pineapple habanero butter, plus a dish of thinly sliced charcoaled wagyu tenderloin. And, last but not least, traditional churros with cajeta and chocolate sauce to finish (be sure to save a little bit of room – they're surprisingly light).

**How was the service?** Staff were well versed on the menu and always on hand to assist with explaining speciality Mexican ingredients and spice levels. For the cocktail lovers' reading, the bartender here knows his stuff.

**The bottom line:** An upmarket Mexican restaurant that detaches itself from the Tex-Mex route that so many others seem to go down. Beautiful, refined food in casual and contemporary surroundings – ideal for an evening with your loved ones or a group of friends.

**Want to go?** Priced at around Dhs350 per person for a three-course meal without beverages. To make a reservation, call 04-5216300 or e-mail [reservations@peyoterestaurant.ae](mailto:reservations@peyoterestaurant.ae).



### Where?

### GARDEN ON 8, MEDIA ONE HOTEL

#### Dining experience: Dinner

**What's it like?** Garden on 8 at Media One Hotel has officially re-opened, and is bigger and better than before. The venue has grown and now occupies the space that used to house 'The Med', in addition to a large outdoor terrace that neighbours the hotel's poolside, soon-to-open (on October 14) Coco on 8 outlet, which will replace 'Dek on 8' as a new Miami-inspired lounge, offering a more feminine touch than Garden on 8.

Boasting the look and feel of an industrial hops garden, Garden on 8 is a casual, laid-back venue,

ideal for catching up with friends after work or on a weekend when the venue hosts a double brunch (from 12.30pm - 4pm and from 7pm - 10.30pm, priced at Dhs395 all-inclusive or Dhs349 if booked before Tuesday for each brunch).

Expect sporting games on the big screen, daily happy hour and great craft hops and food promotions, in a fun and lively environment.

#### What are the food highlights?

As described on the menu, food here is 'unashamedly messy'. In a nutshell, it's hearty, satisfying and wholesome – really great proper pub grub. Whether you're looking to enjoy a range of sharing nibbles, a sandwich or a burger, pizza, a salad or a fuller meal, the menu here has you covered. To start, the



homemade mozzarella sticks with spicy tomato are a winner, along with the bucket of buffalo wings that come in smoky, tangy and spicy flavours – trust me, they're worth getting your fingers messy for!

In terms of 'handhelds' there's options like the 'brat dog', steak sandwich on ciabatta or blacked salmon tacos that we enjoyed with pico de gallo guacamole and zingy lime ranch. For something a little (well, a lot) more filling, the 18oz rib eye steak with fries, corn on the cob, onion rings and grilled tomato will do the trick just nicely – be warned, the portions are generous. If you have room for dessert, the menu's 'diet destroyers' await with temptation. Perfect for sharing, and sharing only, the super monster mega cookie is every big ginormous as it sounds. A giant cookie slathered with oozy, melted marshmallows, nuts, m&m's, chocolate sauce and whipped cream, is sure to defeat even those with a hearty appetite.

**How was the service?** 'Service with a smile' rings true here. The team are friendly, helpful and upbeat.

**The bottom line:** Open 12pm to midnight from Sunday to Wednesday, and until 3am on Thursday to Saturday, Garden on 8 is a great hangout spot offering craft hops and wholesome bites at reasonable prices. Looking for somewhere to watch the match or enjoy a few cold ones without breaking the bank? Here's the ideal place to head.

**Want to go?** Priced at around Dhs150 per person for three courses without beverages. To make a reservation, call 04-4271000 or e-mail gardenon8@mediaonehotel.com.



## Where? **NIKKI BEACH DUBAI, PEARL JUMEIRA**

**Dining experience:** Lunch

**What's it like?** Located on sandy sandy shores of Pearl Jumeira, Nikki Beach Dubai is a stunning beach club boasting beautiful unobstructed views of the Arabian Gulf. Inside, the scene is chic, glam and pristine, with crisp, all-white décor, plush sun beds, an inviting large swimming pool that's cooled, varied luxury cabanas (including air-conditioned VIP options), a swim-up bar, 4-tier terrace, plus restaurant and bar.

The ultra-stylish venue offers music and entertainment to match, and welcomes world-class DJ's each week, as well as musical talent including violinists, saxophonists, hip-hop dancers and more, that keep an energetic poolside audience entertained throughout the day.

Nikki Beach Dubai is the perfect all-day venue, to spend the morning relaxing in peaceful serenity, then move into the afternoon with upbeat music and dancing while the sun sets picturesquely in the distance. A popular destination to enjoy all week long, the beach club has mastered the ability to transport guests to glamorous, laid-back scenes of the Balearic – it's most certainly a place to pop on your Dubai bucket list.

**What are the food highlights?**

Expect a globally-inspired menu that caters to all preferences and appetites. Naturally, the venue offers options that are light on the stomach and perfect for eating poolside whilst in swimwear, such as salads, and sushi and sashimi platters, however, also serves up heartier main courses and sumptuous desserts. The restaurant provides starter, main and dessert a la carte options, or alternatively convenient sharing-style platters comprising the

latter on gorgeously presented boats – especially ideal if you're on a day bed.

To start, enjoy sharing snacks like panko dusted calamari that's kept light and golden, chicken quesadillas with flavourful cheddar and Monterey Jack cheese, or my favourite of the selection, the tender Marbella-inspired octopus which came served with garlic roasted ratte potatoes, piquillo peppers and fresh lemon – eating this paired with the surroundings, I really felt like I'd been zapped to idyllic Spanish shores. Next, enjoy expertly rolled sushi and maki rolls, including the likes of the spicy tuna roll, salmon roll, Hamachi nigiri and mixed sashimi of fresh, generously sliced fish. To follow, juicy Waygu sliders or BBQ jerk chicken burritos are finger-friendly and a delight to eat. And, if you have room, or simply want to enjoy as a light snack throughout the day, I'd highly recommend the Nikki Beach fruit boat which easily serves 4 – 6 people, with a range of international exotic fruits such as assorted berries, mango, pomegranate, grapes, kiwi and more.

Fabulous presentation aside, what stood out most to me with the food here, was chef's attention to detail and use of high-quality, fresh ingredients.

**How was the service?** The team here are hospitable and welcoming – always on hand to ensure you're enjoying the F&B on offer.

**The bottom line:** Nikki Beach Dubai offers all you need for a chic, fun day in the sun, with a side of class, sophistication and really great music and entertainment. Perfect to enjoy with your other half, or a group of friends, the lively venue promises a day to remember with high-quality, fresh food that's well prepared and presented.

**Want to go?** Priced at around Dhs250 per person for three courses, without beverages. To make a reservation, call 04-3766162 or e-mail info.dubai@nikkibeach.com



**Where?****ANANTA, THE OBEROI**

**Dining experience:** The newly launched Tiffins of India lunch menu.

Brunch, every Wednesday from 8 – 11pm

**What's it like?** Located on the entry level of The Oberoi, Dubai, Ananta is an intimate restaurant serving refined Indian cuisine inspired by the country's twenty-nine states. Open for both lunch (12.30pm till 3pm) and dinner (7pm till 11.30pm) daily, Ananta sets a sophisticated yet relaxed scene, with beautiful crimson furnishings and crisp white table linens. A glass, see-through show kitchen sits centre stage in the restaurant, allowing diners to watch on as food is prepared in front from traditional, coal-fired clay ovens.

**What are the food highlights?** We're here to sample the newly introduced 'Tiffins of India' lunch menu – something, I'd not heard of before my visit to Ananta. We're told that tiffin boxes are hugely popular in India – they're a type of lunchbox made up of three to four compartments that clip on top of one another to seal in homecooked food, then are carried around to enjoy throughout the day.



Available now at Ananta during lunch time (to eat in), the nostalgic tiffins meal is served in under 30 minutes and is available with or without meat. With four boxes to explore, expect one starter, two types of curry, and a dessert – with a side of rice, or naan bread. While the menu promises to change weekly to showcase cuisines such as Punjabi, Hyderabad, Awadhi and Rajasthani, dishes we enjoyed include Rajasthani laal boti (lamb cubes flavoured with royal cumin, chilli and yogurt, finished in the tandoor), murgh soweta tikka (chicken tikka flavoured with ginger, turmeric and coriander roots), and the lal mass (young lamb cooked with mathania chillies and smoked with clove). To finish, we had a sweet serving of jodhpuri malpua (saffron flavoured Indian thin pancakes with pistachio nuts).



**How was the service?** Friendly and warm, the front of house team did a great job of telling the traditional tiffins tale, which really brought the experience to life.

**The bottom line:** The place to go for a generous, flavoursome lunch in elegant surroundings. Ideal for a business lunch with colleagues or an indulgent lunch with your partner.

**Want to go?** Both the vegetarian and non-vegetarian tiffins menus are priced at Dhs95 per person. To make a reservation, call 04-4441444 or see oberoidubai.com.

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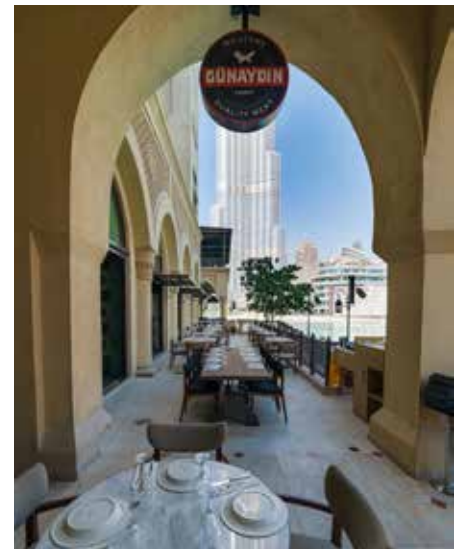
THE EXPERIENCE

*by Reif Othman*

DINING EXPERIENCE

PLAY & THE EXPERIENCE  
ARE NOMINATED FOR

2017



**C**onsidered one of the world's fastest butchers and best meat speciality chefs in the world, chef Cüneyt Asan has more than 50 years' experience working with meat – during which, he's earned titles including 'The Professor of Meat' and 'Fastest Butcher in the World'.

In Dubai monthly to touch base with his team at the meat-led restaurant Günaydın Dubai, here's what chef Cüneyt Asan shared with us during his most recent trip...

**Growing up did you always want to become a chef? Where did your journey in the industry begin?**

I started working as an apprentice at the Bostancı Butchers' Market after moving to Istanbul during my primary school years. That was when I first got introduced to the 'world of meat'. I immediately felt a strange appreciation for the industry, especially to working with meat; it was like art to me. I decided to dive deeper into the chore of this business and learn everything there is to know about it.

When you're working with your hands, you gain more knowledge about the product than by working with any other means. Meat became familiar to me; it became a passion that I was determined to build my future around.

At the age of 21, I was able to develop my skills and grew from an

# Butchery BUSINESS

We caught up with the 'world's fastest butcher', chef Cüneyt Asan during a recent visit to his restaurant Günaydın Dubai at Souk Al Bahar, to get the professional's take on butchery basics, hear what it was like to be 'Salt Bae's' mentor, and learn of Turkey's must-visit food spots. **By Sophie McCarrick**





*“For the world, he may be ‘Salt Bae’, but for me he is still ‘Nusret’, the little boy who I gave a chance to”*

apprentice to the master of my realm. However, I had to delay plans for my ultimate goal to join the military service.

After paying my dues to the country, I went back to the butcher shop which was then owned by the two brothers Nimet and İsmet Yalçın, who eventually offered me a partnership in order to keep the butchery’s legacy alive.

#### **Talk us through the concept at Günaydın Dubai...**

Günaydın is a pioneering brand of the steakhouse concept in Turkey, where we have divided the many outlets into different categories, including burger, döner, and kebabs. In Dubai, we have

combined the four concepts into one wholesome location, offering an array of the best meats there is to offer, either by cooked meats or raw meat from the butchery shop. The main focus and concept of Günaydın’s menu is meat. The restaurant explores the flourishing culinary diversity of Turkish cuisine by incorporating dishes from both the Far East and Mediterranean regions of the country. Günaydın Dubai showcases its craftsmanship with the most delicious high-quality meat and provides a unique kebab experience for its guests. All the meat is prepared by hand; from mincing to marination. Kitchen equipment is used minimally, as it takes away the

Starters  
Meet the chef



natural juices of the meat that are so important to retaining the true flavour.

Günaydın Dubai’s open kitchen welcomes guests with a culinary display of its tasty steaks and kebabs being grilled to perfection while the delicious aroma from the freshly baked treats served straight from the brick oven can help work up the appetite.

#### **Which dishes are a must-try at Günaydın Dubai?**

I am biased so I would recommend everything! The adana kebab, which is chopped lamb kebabs with Turkish spices and herbs, is an absolute classic. Alinazik kebab is one of my favourites as it is a combination of minced lamb kebab over a mixture of yoghurt, eggplant and garlic puree. For dessert, katmer is perhaps the most popular. It is a crispy baked pastry filled with pistachio and served with mastic vanilla ice cream. We have a dedicated ‘Katmer Maker’ at the restaurant, who hand spins the dough to order and who has specialised in the craft for over two decades.

#### **We have to ask; what was it like to mentor Salt Bae?**

I am sure it gives all teachers great pride to watch their students excel in their



respective fields. I am the same. For the world, he may be 'Salt Bae', but for me he is still 'Nusret', the little boy who I gave a chance to. With pure dedication and willpower, he succeeded to be known for his culinary talent. Watching him today, I am proud that he's been able to create a mark for himself in the culinary world.

**You've been titled 'the fastest butcher in the world'. How did you earn that title?**

This is a title given to me by some of the best chefs in the industry. Over the years, chefs from around the world watched me play with meat and were unable to match up to my speed and precision; hence, they coined this title.

**For someone who hasn't yet visited Turkey, which area is best for its food?**

This truly depends on your personal preference. Turkish cuisine varies across the country. For example, in Istanbul you will find many elements of the Ottoman cuisine with lighter use of spices. In the western parts of Turkey, where olive trees grow abundantly, olive oil is the major type of oil used for cooking. The Black Sea region uses fish extensively. The Southeast is famous for its variety of kebabs, mezes and dough-based desserts such as baklava and künefe.

**Turkish food aside, which cuisine is your favourite?**

If meat were a cuisine, it would be my favourite. I do not discriminate and appreciate all cuisines, especially if their dishes have quality meat involved.

**When you're in Dubai, where do you love dining out?**

Play Restaurant & Lounge, it is one of the best in Dubai.

**For our home cooks reading that want to learn the basics of butchery, where's best to start?**

First of all, I would strongly recommend ensuring the meat is already well-prepared as much possible when bought from the butcher before cooking as any slight mistake during preparation, for example the slip of a knife while cutting, could cause serious injury.

The first step in basic butchery is to understand the anatomy of livestock. In other words, to know what kind of meat comes from which part, the right way to cut the meat, slicing the meat, trimming



***"The first step in basic butchery is to understand the anatomy of livestock"***

the sinews, deboning, etc. To move comfortably during preparation process and to maintain the hygiene of the meat, I recommend using a medium size counter and a cutting board at all times. You can also buy a small size meat grinder that has been especially designed for use at home. Another good start would be to have a good knife, which I believe is key to working with meat.

**Which type and cut of beef would you most recommend trying at Günaydın Dubai and why?**

I would recommend the rib eye steak,

done medium, which is the best way to enjoy a steak. Our rib eye is specially sourced and put in a special chiller to rest for 28 days. We like to retain the natural aromatics of the meat and enhance the flavours by simple seasonings of mountains sea salt and pepper. It is then cooked on a chargrill.

**When will you be in Dubai next for our readers to come and see you in action?**

I do tend to visit Dubai very often, at least once a month for a week. Your readers are welcome to the restaurant anytime and maybe I will surprise them...

**Günaydın Dubai**

Call: 04-5540700

Visit: [gunaydindubai.com/](http://gunaydindubai.com/)

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# Flavours

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Take a stroll through our amazing Market Brunch, featuring live stations and a range of cuisines from exclusively selected corners of the world. A live jazz band sets the mood for your market styled culinary journey while you pick and choose from our beverages and dishes made with signature Mövenpick chocolate, ice cream and coffee.

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# dinner dash FETA

Three new, simple and delicious ways to enjoy feta cheese

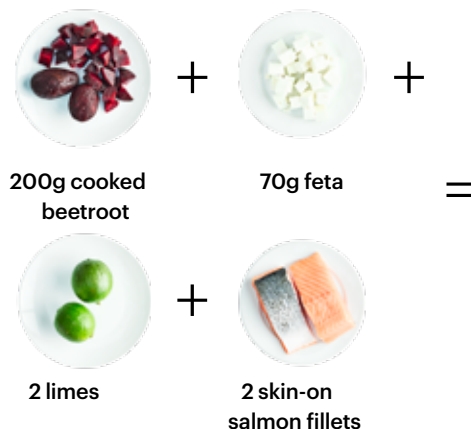
*recipes* ESTHER CLARK *photographs* MIKE ENGLISH

## Salmon with beetroot, feta & lime salsa

### SERVES 2

Chop the beetroot and feta into small cubes and mix with the juice and zest of one lime and some seasoning. Season the salmon. Heat 2 tbsp of oil in a non-stick frying pan over a high heat. When hot add the salmon, skin-side down, and cook for 3 mins. Flip over, turn the heat down and cook for a further 4-5 mins. Serve with the beetroot salsa and the remaining lime, cut into wedges.

**GOOD TO KNOW** folate • omega-3 • 1 of 5-a-day • gluten free  
**PER SERVING** 556 kcals • fat 39g • saturates 9g • carbs 12g  
• sugars 10g • fibre 4g • protein 36g • salt 1.2g



## Roasted feta

### SERVES 2 V

Tip the antipasti and its oil into a roasting tin, squeeze over the lemon juice, reserving the zest, and place the feta in the middle of the tin. Season with black pepper and drizzle over a little extra olive oil. Bake in the oven at 180C/160C fan/gas 4 for 25 mins. Toast the pittas for 1-2 minutes until warmed through. Scatter the lemon zest over the feta. Serve with the pittas.

**GOOD TO KNOW** calcium • fibre • 2 of 5-a-day  
**PER SERVING** 540 kcals • fat 28g • saturates 15g • carbs 40g  
• sugars 15g • fibre 10g • protein 26g • salt 2.90g

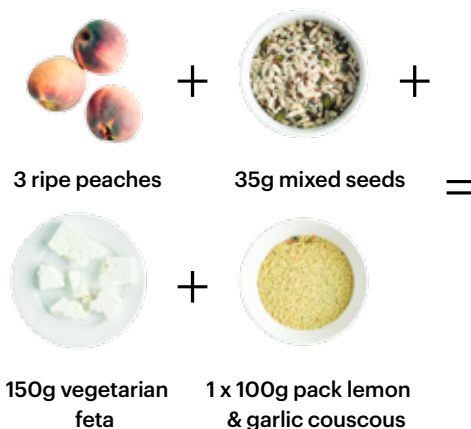


## Feta & peach couscous

### SERVES 2 V

De-stone and quarter the peaches. Put in a roasting tin with the seeds, chunks of feta and drizzle over 3 tbsp olive oil. Bake for 12-15 mins at 200C/180C fan/gas 6. Cook the couscous following pack instructions. Toss the couscous with the roasted peach mixture and season to taste before serving.

**GOOD TO KNOW** calcium • vit c • 1 of 5-a-day  
**PER SERVING** 573 kcals • fat 27g • saturates 13g • carbs 54g  
• sugars 16g • fibre 7g • protein 25g • salt 2.74g







# Fridays

MEAT	ENTREES	SEAFOOD
Carving BBQ Charcuterie	Sushi & Sashimi Pizza, Pasta, Risotto Cheese Station	Poached & Steamed Barbecued Fresh Seafood
DESSERTS	DRINKS	ENTERTAIN
Fresh from the Oven Live Station Kids' Station	Three Packages Feature Stations Bubbly Experience	Live DJ Kitchen Visit Kids' Zone

Amwaj  
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Jumeirah Beach – Dubai

## Friday Brunch

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If it's BIG you want then BIG you'll get. That's what our brunch is all about.  
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Boasting the largest outdoor terrace along Jumeirah Beach Residence (JBR), Amwaj Rotana has a brunch for all with over 100 dishes, live stations, kids' zone, live DJ and three different packages to choose from.

- AED 245 (soft beverages)
- AED 375 (house beverages and soft beverages)
- AED 690 (house beverage package including bubbles)

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T: +971 (0)4 428 2000, F: +971 (0)4 434 3666, [amwaj.hotel@rotana.com](mailto:amwaj.hotel@rotana.com)

[rotana.com](http://rotana.com)



# It's party time!

Beautiful, show-stopping celebration cakes in recognition of our tenth anniversary!



Celebrating ten years of BBC GoodFood Middle East!





## Angel cake with meringue icing & strawberry ganache

**SERVES 12-15 PREP 1 hr 30 mins**  
**COOK 1 hr MORE EFFORT**

480g egg whites (we used Two Chicks egg whites from a carton)  
400g white caster sugar  
2 tbsp lemon juice  
1 tsp vanilla extract  
140g plain white flour, sifted twice  
**For the meringue icing**  
2 large egg whites  
225g white caster sugar  
splash of vanilla extract  
pinch cream of tartar  
**For the strawberry ganache**  
100g white chocolate, finely chopped  
50ml double cream  
50g strawberries, chopped  
red food colouring  
**To decorate**  
250g strawberries, quartered or sliced  
**Optional decorations**  
2-3 white or pink macarons,  
mini meringues, edible flowers  
and freeze-dried strawberries

**1** Heat oven to 180C/160C fan/gas 4. Put the egg whites and sugar in a stand mixer and begin to beat on a low speed for a few mins, turn the mixer up and wait another couple of mins before

adding the lemon juice, vanilla and a pinch of salt. Turn the mixer up again and whisk on high until you have a thick, soft, shiny meringue with a peak that flops over.

**2** Fold in the flour with a spatula until there are no lumps left, then scrape the mixture into a 25cm angel cake tin. Bake for 40-45 mins or until the cake is puffed and lightly browned and a skewer comes out clean. Turn the tin upside down – if it doesn't have its own legs, then invert it onto four water glasses or tins of food exactly the same size. Leave to cool completely.

**3** Run a palette knife around the tin to loosen the cake and gently let it drop out, then set aside on a board or cake stand.

**4** To make the meringue icing, put the egg whites, sugar, vanilla, pinch of cream of tartar and 100ml water in a large heatproof bowl set over a pan of simmering water and beat it on high speed with an electric whisk for 15 mins or until thick and shiny and standing up in stiff peaks. Ice the cake straight away as the icing will stiffen as it sets. Spread

over using a palette knife or use a piping bag to pipe on swirls.

**5** Put the iced cake in the fridge while you make the strawberry ganache. Put the white chocolate in a small heatproof bowl and set aside. Put the cream and strawberries in a saucepan over a medium heat and cook, stirring all the time, until the strawberries have broken down and the cream starts to simmer. Quickly pour the hot cream mixture over the white chocolate and leave it, without stirring, for 1 min, then add the food colouring and mix until smooth.

**6** Push through a sieve into a jug (to get rid of the strawberry seeds) then, while it's still runny, pour it over the top of the cake and let it drizzle down the sides. Put the cake back in the fridge for 10-20 mins to set. Just before serving (particularly if it's a hot day), top with the strawberries and your choice of decorations.

PER SERVING (15) 303 kcals • fat 7g • saturates 3g •  
carbs 53g • sugars 46g • fibre 1g • protein 6g • salt 0.1g



## Spiced fig, coffee & hazelnut cake

*This sophisticated cake is gently spiced and full of treacly flavours from the dried figs and muscovado sugar.*

**SERVES 16** **PREP** 45 mins plus cooling and chilling **COOK** 25 mins  
\* un-iced sponges only

### For the sponge

4 dried figs, chopped into small pieces  
75ml hot strong coffee or espresso  
100g blanched hazelnuts  
200g slightly salted butter, very soft, plus a little for the tin  
225g light muscovado sugar  
200g plain flour  
2 tsp baking powder  
2 tsp vanilla extract  
2 tsp mixed spice  
50g natural yogurt  
4 large eggs

### For the icing

250g slightly salted butter, very soft  
2 tsp vanilla extract or bean paste  
400g icing sugar  
250g tub full-fat cream cheese  
6 tbsp fig jam or conserve

### To decorate

10-12 figs, halved or quartered  
200g caramel (Carnation or Bon Maman work well)

**1** First, make the sponge. Put the figs in a bowl, pour over the coffee and leave to soak for 30 mins. Heat oven to 180C/160C fan/gas 4. Toast the hazelnuts on a baking tray for 5-8 mins or until golden brown and aromatic. Tip 75g of the nuts into a food processor (set aside the rest for later) and leave to cool for 10 mins. Meanwhile butter the base and sides of a 20 x 30cm rectangular cake tin and line with baking parchment.

**2** Whizz the cooled nuts until finely chopped, then add the figs and any remaining coffee, and whizz again to a paste. Add the remaining sponge ingredients to the processor with a good pinch of salt. Blend until well combined, scraping down the sides once or twice and blending again. Scrape into your cake tin, level the surface and bake for 25 mins or until a skewer inserted into the centre of the cake comes out clean. Cool in the tin for 10 mins, then flip onto a wire rack, peel off the parchment and leave to cool.

**3** While the cake cools, make the icing. Put the butter, vanilla and half the sugar in a large bowl. Roughly mash together with a spatula, then blend with an electric whisk until smooth. Add the cream cheese and the remaining icing sugar, mash, then blend again until smooth. Split the icing into two batches, one for layering and a crumb coat, and one for a final coat. You can chill the icing while the cake cools, but remove it from the fridge 15 mins before using to bring back to room temperature.

**4** Now assemble the cake. Transfer the cooled cake to a chopping board. Score the sponge at 10cm intervals along the length of the cake, marking out three sections, 20 x 10cm each. Cut through, then stack the cakes on top of each other to check they are the same size. Trim any uneven edges, then unstack.

**5** Put one sponge on a cake board or plate. Spread with a little icing and 3 tbsp fig jam, keeping the jam about 1cm from the edges. Top with another sponge, more icing and jam, then sandwich with the final sponge. Use a palette knife to cover the entire cake with the remaining first batch of icing (the crumb coat)

– don't worry if it's a little messy. Make sure you fill any gaps between the layers with icing. Once covered, chill for at least 30 mins to firm up the icing. Chill the remaining icing too, but bring it out of the fridge 10-15 mins before the cake so it is ready for spreading.

**6** Remove the cake from the fridge and cover with the remaining icing. Use a palette knife to create smooth edges, or leave it fairly rough, if you like. Top the cake with the figs, pointy ends up. Put the caramel in a small piping bag, snip off the corner and drizzle over the top of the cake, encouraging it down the sides (or just drizzle it over with a spoon). Roughly chop the remaining toasted nuts and scatter over the top. Serve in slices with extra figs on the side, if you like. *Will keep in the fridge for three days, but bring to room temperature before eating.*

**PER SERVING** 535 kcal • fat 32g • saturates 18g • carbs 54g • sugars 44g • fibre 2g • protein 5g • salt 0.6g

## gf tips

● This sponge should have a flat surface, so the layers sit neatly on top of each other. If your sponge has risen more in the centre, trim this off and use it in a trifle (will keep in the freezer for two months).

● To hold the layers in place when you're icing the assembled cake, push two-three wooden skewers in, cut to the same length as the depth of the cake, into the sponge. The skewers will be hidden when the cake is iced, but will stop the layers from sliding as you cover the cake in the icing. Just remember to remove them as you cut the cake.

● With its final coat of icing, use a small offset spatula to gently drag through the icing from bottom to top, all the way around the cake, for a nice texture and finish.











### Funfetti cake

*Perfect for a party, this rainbow-speckled cake screams 'celebrate'. If you use nonpareil sprinkles (the tiny, round ones), the colour tends to fade when combined with the cake batter, as do sprinkles using natural vegetable colourings so use rainbow sprinkles for a sharper effect.*

**SERVES** 20-25 **PREP** 30 mins  
**COOK** 25-30 mins **MORE EFFORT**

450g butter, softened, plus a little for the tins  
300g golden caster sugar  
1 tbsp vanilla paste  
8 eggs, beaten  
450g self-raising flour  
1 tsp baking powder  
4 tbsp full-fat milk  
200g rainbow sprinkles, plus extra to decorate (find them on [amazon.co.uk](http://amazon.co.uk))

#### For the icing

150g butter, softened  
450g icing sugar, sifted  
180g tub full-fat cream cheese  
1 tbsp vanilla paste

**1** Heat oven to 180C/160C fan/gas 4. Butter and line 4 x 20cm cake tins. If you don't have four, make the sponges in batches.

**2** In a large bowl, beat the butter, sugar and vanilla with an electric whisk (or in a stand mixer) until pale and fluffy. Add the eggs gradually, beating between each addition, until fully combined. Add 1-2 tbsp of the flour if the mixture looks like it's curdling.

**3** Sift in the remaining flour and baking powder with 1 tsp salt and fold into the batter. Pour in the milk and beat to loosen the mixture. Scatter over the sprinkles and ripple through the batter. Divide the mixture between each tin and bake for 25-30 mins or until golden and

the sponge springs back when you press it lightly. Swap the tins round in the oven after 15 mins to ensure the cakes cook evenly. Transfer to wire racks to cool completely.

**4** Meanwhile, make the icing by beating the butter with half the icing sugar until combined and fluffy. Add the cream cheese and the rest of the sugar, beat until fully combined, then drizzle over the vanilla and beat again until incorporated. Attach a large, round nozzle to a piping bag and spoon in the icing.

**5** When the cakes have cooled, put a blob of icing onto a cake board and sit one of the sponges on top. Pipe blobs of vanilla icing in a circle covering the top of the sponge, then top with the next sponge. Repeat with the other layers, then decorate by scattering some extra sprinkles on top.

**PER SERVING** (25) 441 kcal • fat 24g • saturates 14g • carbs 52g • sugars 38g • fibre 1g • protein 4g • salt 1.0g





**Blackberry & apple frozen yogurt cake**

*The ombré trend for graduated layers of colour is given a cool spin with this eye-catching dessert. Four layers of frozen yogurt (Bramley apple and three intensities of blackberry) are given a crunchy contrast by a slab of oaty biscuit, just like a cheesecake or crumble. It's a delicious way to enjoy seasonal blackberries and apples.*

**SERVES** 12-16 **PREP** 40 mins  
plus freezing **COOK** 5 mins **MORE**  
**EFFORT** ⚡ without topping and sauce

**For the base**

85g butter, plus extra for the tin  
1 tbsp light muscovado sugar  
½ tsp ground cinnamon  
200g Hobnob biscuits, crushed

**For the layers**

1 large (about 350g) Bramley apple,  
peeled and chopped to give 250g  
2 tbsp lemon juice  
450g blackberries, plus a few  
to serve  
2 x 400g cans condensed milk  
750g full-fat Greek yogurt  
600ml double cream  
½ tsp ground cinnamon  
4 tbsp light muscovado sugar  
1 tsp arrowroot powder mixed with  
1 tsp water (optional)

- 1** Butter and line the base and sides of a deep 20cm round cake tin with baking parchment, leaving 2.5cm of parchment sticking up above the rim, like a collar. In a large pan, melt the butter with the sugar. Mix together the cinnamon and biscuit crumbs, then stir into the butter and mix until it looks like wet sand. Press the crumbs into the base of the tin in an even layer, then freeze.
- 2** Put the apple, lemon juice and 1 tbsp water into a large pan. Bring to a simmer, then cover and cook for 3 mins or until totally soft. Push the pulpy mix through a sieve into a large bowl. Leave to cool. Mash the blackberries with a fork, then sieve into another bowl – a rubber spatula is best for pressing every last bit of fruit from the seeds.
- 3** Stir together the condensed milk, 500g yogurt and 300ml cream until evenly mixed. Pour 450g of this onto the apple purée, add ¼ tsp cinnamon, then whip with a balloon whisk until slightly thickened. Pour onto the biscuit layer, level, then freeze for 30 mins or until firm. Chill the remaining yogurt mixture in the fridge.
- 4** Whisk 3 tbsp of the blackberry purée into the rest of the yogurt mixture until pale purple. Pour one-third of this on top of the apple

layer, then freeze until firm. Repeat twice, adding enough fruit to the yogurt mixture to make each layer a slightly darker purple than the last. Freeze overnight or until totally solid. *Can be made 1 month ahead, wrapped well in the freezer.*

**5** When you're ready to serve, defrost the remaining blackberry purée, if frozen. Bring the purée, ¼ tsp cinnamon and 1 tbsp of the sugar to a simmer. Stir in the arrowroot mix, if using, until shiny and slightly thickened (arrowroot does not freeze well, so don't freeze after this point), then cool.

**6** Take the cake from the freezer 10 mins before serving. Remove from the tin after 5 mins, peel away the paper and transfer to a plate. Whip the remaining 300ml cream, 250g yogurt and 3 tbsp sugar together until billowy but not stiff. Spoon on top of the cake in peaks and scatter with a few more berries. Add a drizzle of the sauce just before serving, and pass the rest around in a jug.

**PER SERVING** (16) 556 kcal • fat 37g • saturates 22g •  
carbs 46g • sugars 41g • fibre 2g • protein 9g • salt 0.5g

## Butterfly cupcakes

*The flavoured syrup helps the cakes to stay soft, so you could make them a day ahead and decorate the next day, if you like.*

**MAKES 24** **PREP 2 hrs**

**COOK 25 mins** **MORE EFFORT**

300g golden caster sugar

4 eggs

300g butter, melted and cooled

300g self-raising flour

**For the flavoured syrup**

300g golden caster sugar

1 tbsp dried lavender flowers

(see tip, below)

**For the buttercream icing**

400g butter, softened

550g icing sugar

3 food colouring gels (we used purple, yellow and pink)

**For the butterfly wings**

400g white chocolate

3 food colouring gels (we used purple, yellow and pink)

2 chocolate biscuits, crushed (we used Oreos with the filling removed)

**1** Heat oven to 180C/160C fan/gas 4 and line two 12-hole cupcake tins with paper muffin cases. Put all the cake ingredients in a large bowl and whisk with an electric whisk for 3-4 mins or until pale and light. Divide the mixture evenly among the cases and bake for 20 mins or until a skewer inserted into the centre of a cake comes out clean. Leave to cool on a wire rack.

**2** While the cupcakes bake, make the syrup. Put the sugar, lavender and 300ml water in a medium pan over a low heat. Bring to the boil, cook for 2 mins, then turn off the heat and leave to infuse. When cold, strain through a sieve into a jug.

**3** To make the icing, put the butter, sugar and 100ml of the syrup in a large bowl. Mix with a wooden spoon, then switch to an electric whisk and beat until smooth and fluffy. Divide the mixture between three bowls. Add a tiny dot of food colouring to each bowl to make different colours of buttercream – stir to mix, then transfer half of each colour into disposable piping bags.

**4** Use a cocktail stick to poke a few holes in the top of the cupcakes, then drizzle each with 1 tsp of the syrup. Put 1 heaped tsp of icing onto each cake (making eight of each colour) and swirl it round with the back of the spoon to completely cover the top. Next, use the piping bags to pipe straight lines of the same colour about 2-3 cm long across the middle of each cake.

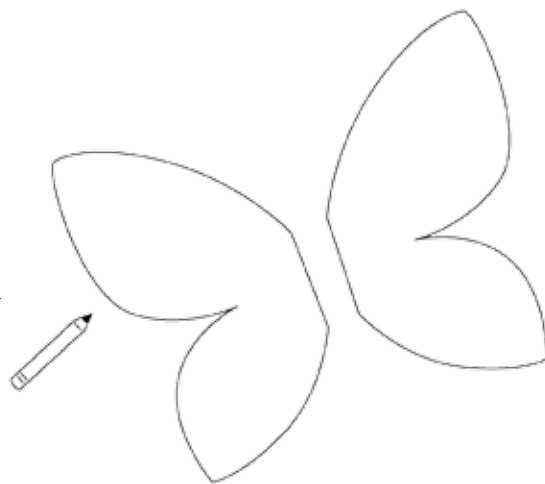
**5** To make the wings, melt the chocolate in a heatproof bowl over a pan of simmering water. Divide into three smaller bowls and add the same gel colours as before. Cut 8cm squares of baking parchment and, using a pen, draw a pair of butterfly wings on each square so that the design shows through on the other side or, if you prefer, trace the design below. Turn the paper over and, using the line as a guide, paint on the melted chocolate. Sprinkle crushed biscuits on the edges to create patterns, then leave to set. Once set, gently push the wings into the icing alongside the straight lines at a slight angle.

**PER CUPCAKE** 558 kcal • fat 30g • saturates 19g • carbs 67g • sugars 57g • fibre 1g • protein 4g • salt 0.7g

### gf tips

• The lavender flavour is very subtle, but you can use 1 tbsp rosewater or the zest of 2 lemons if you prefer.

• Store any leftover syrup in the fridge in a sterilised bottle for up to one month. Try it in cocktails instead of sugar syrup, or drizzle over berries and serve with meringue and cream for a summer dessert.



Use this outline for the perfect butterfly shapes













## Gravity-defying sweetie cake

*This party cake looks incredible, but with a bit of crafty know-how, it's surprisingly easy to create this gravity-defying showstopper.*

**SERVES 12** **PREP** 1 hr plus cooling and setting **COOK** 35 mins  
**MORE EFFORT** \* sponges only

2 x 114g packs milk chocolate fingers  
8 tubes of Smarties, or other sweets

**For the chocolate sponges**

150ml vegetable oil, plus extra for the tins

200g plain flour

8 tbsp cocoa powder

2 tsp baking powder

1 tsp bicarbonate of soda

280g light brown soft sugar

200ml buttermilk

100ml strong coffee or espresso

2 tsp vanilla extract

2 large eggs

**For the chocolate fudge icing**

100g milk chocolate, chopped into small pieces, plus 50g for decorating

200g slightly salted butter, softened

400g icing sugar, sieved

4 tbsp cocoa powder

2 tbsp milk

**You will need**

1 bendy straw

2 wooden skewers

1 paper bag or sweet packet  
sticky tape

**1** First, make the sponges. Heat oven to 180C/160C fan/gas 4. Oil and line two 20cm cake tins with baking parchment – if your cake tin is quite shallow, line the sides to a depth of at least 5cm. Put the flour, cocoa powder, baking powder, bicarb, sugar and ½ tsp salt in a bowl and mix well. If there are any lumps in the sugar, squeeze these through your fingers to break them up.

**2** Measure the buttermilk, coffee, oil and vanilla in a jug. Add the eggs and whisk until smooth. Pour the wet ingredients into the dry and whisk until well combined. Pour the cake mixture into the tins, and bake for 25–30 mins or until risen and a skewer inserted into the centre comes out clean. Cool in the tin for 10 mins, then turn out onto a wire rack, peel off the baking parchment and leave to cool.

**3** To make the chocolate fudge icing, put the chocolate in a heatproof bowl, suspended over a pan of barely simmering water. Stir every now and then until melted. (Alternatively, melt in the microwave, stirring the chocolate every 20 secs so it doesn't burn.) Remove the bowl from the heat and leave to cool a little. Meanwhile, put the butter and icing sugar in another large bowl and mash with a spatula to combine (this will prevent you covering the work surface in icing sugar), then whisk with a hand mixer until smooth. Sift in the cocoa and pour in the melted chocolate and milk, then mix again until smooth.

**4** Use roughly half the icing to sandwich the cakes together on a cake stand or board. Use a palette knife to cover the entire cake with the remaining icing (don't worry about being too neat). Use the chocolate fingers to cover the sides of the cakes – do this straight after icing otherwise the icing will set after a while, and the chocolate fingers won't stick.

**5** Melt the remaining 50g chocolate in the microwave or in a small bowl suspended over a pan of gently simmering water. Leave to cool until the chocolate is a spreadable consistency. You can speed this up by putting it in the fridge – just stir it every 5 mins or so to prevent the chocolate from setting. Push a skewer into the centre of the cake and slip the straw over the top (trim the skewer to length if necessary) – this will give it more stability. Push 1–2cm of the straw into the cake. Use a cutlery knife to spread a blob of chocolate onto a Smartie and, starting at the base, stick the Smarties to the straw. You will have to do this in stages to allow the chocolate to set a little before adding another layer of Smarties. Work your way up the straw until it's completely covered. If the chocolate in your bowl becomes too firm, simply heat again until it is at the correct consistency. Stop when you reach the bend in the straw.

**6** Stick the remaining skewer into the top of the straw so that it pokes out at an angle. Place the paper bag on top – you may have to use a little sticky tape to hold it in place. If any of the straw is exposed, cover it with more Smarties.

**7** Tip the remaining Smarties on top of the cake to cover the surface. *Will keep in a cool place for two days.*

**PER SERVING** 881 kcs • fat 45g • saturates 20g • carbs 106g • sugars 85g • fibre 4g • protein 9g • salt 1.5g



### gf tip

The recipe makes one 20cm cake, so if you need to feed more people, simply double, triple or quadruple the quantities and stack your sponges. The sponges can be made up to three days ahead and will stay moist if wrapped in cling film, or you can freeze them for up to two months.



**Quickly cover the sides of the cake before the icing sets**



**Slowly build up the Smarties around the straw**



**Allow each layer of Smarties to set before adding more**



**Attach the bag**

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## Malted chocolate drizzle & honeycomb cake

**SERVES 25 PREP 2 hrs COOK 1 hr**  
**A CHALLENGE** \* sponges only

### For the malt sponges

200g unsalted butter, softened,  
plus extra for the tins  
250g golden caster sugar  
3 large eggs  
225g plain flour  
25g powdered malt drink  
2 tsp baking powder  
100g natural yogurt  
2 tsp vanilla extract

### For the chocolate sponges

175g unsalted butter, softened,  
plus extra for buttering  
250g golden caster sugar  
3 large eggs  
225g plain flour  
25g cocoa powder  
2 tsp baking powder  
50g natural yogurt  
100g dark chocolate, melted  
and cooled a little

### For the honeycomb

a little butter for the tray  
200g golden caster sugar  
5 tbsp golden syrup  
2 tsp bicarbonate of soda  
37g pack Maltesers

### For the icing

250g pack slightly salted butter,  
softened  
750g icing sugar  
3 tbsp powdered malt drink  
1 tsp vanilla extract  
280g tub full-fat cream cheese

### For the drizzle

100g dark chocolate, finely chopped  
75ml double cream

**1** First make the malt sponges. Heat oven to 180C/160C fan/gas 4. Butter and line the bases of 2 x 20cm cake tins with baking parchment. Put the butter and sugar in a large bowl and whisk until pale and fluffy. Add the eggs, one at a time, whisking well between each addition. Tip the flour, malt and baking powder into the bowl with  $\frac{1}{4}$  tsp salt and fold together, then add the yogurt and vanilla, and give everything a final stir. Divide the cake mixture between the two tins, level the tops and bake on the middle shelf for 25-30 mins or until a skewer pushed into the centre of the cakes comes out clean. Cool for 10 mins, then

remove from the tins, peel off the baking parchment and transfer to a wire rack to cool completely. Wash the tins.

**2** Now make the chocolate sponges. Butter and line the base of the tins as before and boil the kettle. In the same bowl (don't worry about washing it), cream the butter and sugar as before, adding the eggs, one at a time, and mixing until combined. Sift in the flour, cocoa and baking powder with  $\frac{1}{4}$  tsp salt. Fold the mixture together, then add the yogurt, melted chocolate and 100ml boiling water. Stir until combined, then divide between the tins. Bake for 25-30 mins, testing with a skewer as before. Cool in the tins for 10 mins, then turn out, remove the baking parchment and cool completely. *The sponges can be made up to two days before being iced, cooled and wrapped tightly in cling film.*

**3** Make the honeycomb. Butter a baking tray. Put the sugar and golden syrup in a large pan. Warm over a medium heat and leave to bubble to a liquid caramel, but don't stir. When you're happy with the colour (the darker it gets, the more intense the flavour will be), add the bicarb and quickly stir into the syrup. Before the bubbles die down, pour the foaming mixture onto the baking tray, then set aside for 30 mins to cool and firm up.

**4** Make the icing. In your largest mixing bowl, beat the butter with half the icing sugar, the malt and vanilla until smooth. Add the remaining icing sugar and the cream cheese, and beat again until well combined – don't overmix or the icing may become runny.

**5** You're now ready to assemble. Put one of the sponges on a cake stand or cake board, sticking it down with a small blob of icing. Use a quarter of the icing to stack the cakes, alternating between the malt and chocolate sponges. Place the final sponge on top, flat-side up. When assembled, use a palette knife to cover the cake with a thin layer of the icing, filling any gaps between sponges, but don't worry about completely covering the sponges at this stage. This is called a crumb coat and ensures that your final layer is crumb-free. Chill the cake for 30 mins to firm up the icing.

**6** Once the icing is chilled, use the remaining icing to completely cover the cake. This is easiest if you pile the icing on top of the cake, then use a palette knife to ease it over the edge and down the sides. You can make it as smooth or as rough as you like. Chill for another 30 mins.

**7** Meanwhile, make the drizzle. Put the dark chocolate in a bowl and heat the cream in a small pan until just steaming. Pour the cream over the chocolate and leave to melt for 5-10 mins. Stir to make a glossy ganache, then set aside to firm up a little – you want the ganache to be pourable but not too runny, to make drizzles down the side of the cake.

**8** When the ganache is the correct consistency, remove the cake from the fridge and spoon the ganache over the top edge of the cake, encouraging it to drizzle down the side with your spoon – start at the back of the cake to get the hang of it. Fill in the middle of the top of the cake with chocolate too.

**9** Break the honeycomb into long shards and stack them on top of the cake. Finish with whole and halved Maltesers, adding a few around the base, along with some honeycomb crumbs. The cake is best served within 2-3 hrs of assembling, but will still taste delicious for up to three days. *Store leftovers in the fridge and allow to come back to room temperature before serving.*

**10** Time to cut the cake! First remove the honeycomb pieces from the top. To serve up to 25 people, slice the cake into 12-13 slices (any more and the pieces will be too thin and collapse). Then cut each piece horizontally across the middle and serve with the honeycomb.

**PER SERVING** 676 kJ • fat 35g • saturates 21g • carbs 82g • sugars 66g • fibre 2g • protein 6g • salt 1.1g



• Bake the sponges an evening or two before – cooled and wrapped in cling film, they will last for up to two days, or freeze well for up to a month. The icing and honeycomb can also be made ahead. Chill the icing and take it out an hour or so before using, then beat to bring it back to life. The honeycomb can be stored in an airtight container for up to a week.

• Assemble the cake at the very last minute – after a few hours in contact with the chocolate ganache, the honeycomb on top will start to 'weep' sugar and you may get a few trickles of sugary syrup running down the sides.



**Crumb-coat the cake**



**Cover the cake in icing**



**Spoon over the chocolate ganache**



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# 6 bake mistakes

Avoid common baking pitfalls by following these simple guidelines

Even the most seasoned bakers sometimes slip up. While strategic application of icing or whipped cream, or a heavy shower of icing sugar can hide many a cake disaster, we thought you'd like to know why things go wrong so you don't make the same mistake twice.

## 1 My cake has a gooey centre

**Why it happens:** The cake hasn't been cooked for long enough.

**What to do:** Check the cake before taking it out of the oven – the cake should have the same degree of springiness in the middle as it does around the edges, and a skewer should come out clean. The cake should also have started to pull away from the tin's edges.

2

## My cake is misshapen or has cracked

**Why it happens:** If your cake has overflowed, you've either used too small a tin or added too much raising agent to the mixture. If the cake has peaked and cracked on top, then it was baked at too high a temperature, causing the edges of the cake to cook too quickly, which creates a seal that splits when the rest of the cake expands. If the cake is lopsided, your oven shelf may be uneven.

**What to do:** Always double-check that your tin is the size recommended in the recipe – if you're not sure, measure it. Be extra careful in adding the right amount of raising agent. Use an oven thermometer to check the temperature, as oven dials can be imprecise. Make sure your oven shelf is level – if it is, and the cake is still lopsided, you may need to rotate the tin towards the end of the cooking time, as the heat may not be circulating fully.

3

## My cake is very dense

**Why it happens:** This could be because

enough air wasn't beaten in, the eggs were added too quickly and curdled, or not enough raising agent was added.

**What to do:** If your recipe tells you to beat the butter and sugar first, then it's worth doing this well – the lighter your butter mixture, the better you can beat in the eggs and fold in the flour. If you add the eggs too quickly, the mixture is likely to separate or split, which is why some recipes tell you to alternate spoonfuls of flour between each batch of egg. If your cake is flat as a pancake, check your raising agent as per rule 5, or buy a new batch of flour if it's self-raising.

4

## My cake is stuck in the tin

**Why it happens:**

You haven't prepped the tin properly.

**What to do:** Make sure your tin is well lined if it needs to be. Use baking parchment on the base and around the sides – stick it in place with some butter. Recipes usually tell you to flour greased tins either to stop the cake from absorbing the fat or to stop a caramelised edge forming and welding the cake to the tin. In some cases, a tin shouldn't be lined or buttered. For example, in an angel cake, the whisked egg whites need to grip the sides of the tin to rise.

5

## My cake has sunk in the middle

**Why it happens:** There are four main causes: the oven was opened before the cake set; the cake didn't go in the oven right away; too much raising agent was added; or the raising agent is old.

**What to do:** Don't open the oven until at least three-quarters of the cooking time is up. Bake the batter as soon as it's mixed, which is when raising agents work best. Adding too much raising agent creates too much air, which causes the structure to collapse and sink. To check if your raising agent is still good, add some to a glass of hot water – if it doesn't fizz, it's time to buy some more.

## My cake is flat and has large air bubbles on top

**Why it happens:** This could be because the cake didn't go into the oven as soon as the mixture was ready, or because the oven wasn't hot enough.

**What to do:** Pre-heat the oven properly, and make sure the oven shelf is in the right place. Put your cake batter into the cake tin, and then into the oven as soon as you've made it, unless instructed otherwise.

6





# BEHIND THE SCENES...

What happens before you purchase your fresh chicken at the store? Yelena Kescu, brand manager at Alafya Fresh Chicken takes us behind the scenes to find out more.

Have you ever wondered how fresh chicken is delivered to a supermarket? How old the chicken is you are consuming? What the chicken was eating before it reached your plate? Is it safe to eat? How much time passed in between the slaughtering and packing of your chicken?

Yelena Kescu, brand manager at Alafya Fresh Chicken, takes us behind the scenes at Alafya Fresh Chicken and its facilities in the Al Ain suburbs, Gulf International Poultry Farm – to explain what happens before it reaches you at the supermarket.

Every chicken starts from the egg. Alafya Chicken eggs starts its life in Europe. Twice a week eggs gets delivered to the farm hatchery to grow, where modern incubator equipment is amazing. It allows thousands of eggs to be kept in complete climate control, so it mirrors the conditions of an egg being with its mum. In the incubator eggs spend approximately 21 days before they actually hatch into to pretty, small chicks.

Once they hatch they get moved to the farm premises where they grow to get to the proper weight and size. Alafya Farm Houses are equipped with premium German feeding, drinking and climate control systems to supply the best comfort conditions to the chicken.

It's very important and needful to say that Alafya Chicken operates a cage-free farming system, meaning that the chickens move around inside the house freely, developing normally and enjoying life as a usual homegrown chicken. This is unlike many other places in the world, which operate

a cage system, where chickens are raised sitting in a cage all its life, being fed on unhealthy, excess fat. Rearing chickens this way sometimes lead to problems in humans, who consume chicken that is raised unhealthily.

Alafya Chicken is fed with only natural feed, no hormones, no GMO, no antibiotics, and is pure halal. Chicken spend around 30-35 days in the Farm House to reach optimal weight. Once the chicken meets a healthy, grown age, its caught and brought to the processing plant.

Here the process is fast. All chickens are hand slaughtered according to Islamic Sharia Law. The Alafya processing plant is a fully automotive conveyer line from Denmark, where chicken receives all required post-slaughter treatment. All in all, the whole process for Alafya Chicken takes no more than 10 hours from slaughter to the shelf, before it is packed and delivered to outlets.

Being a local company Alafya Fresh Chicken is carrying high international standards of processing and farming. It uses European equipment to deliver the best quality of chicken. It supports environmental friendly packaging methods in using recycling plastic trays packaging. It's safe to say that once you try it, it'll always be served at your table.



## WHERE TO FIND ALAFYA FRESH CHICKEN

Alafya Fresh Chicken can be purchased in all main outlet chains across UAE, such as Carrefour, Lulu, Union Coop, Sharjah Coop, Abu Dhabi Coop, Al Ain Coop and others.





# Tom's autumn kitchen

Be inspired by fresh, new-season produce with these exclusive recipes from the BBC chef

**recipes** TOM KERRIDGE **photographs** PETER CASSIDY



Good Food's contributing editor Tom Kerridge is chef-owner of The Hand & Flowers and The Coach pub – both in Marlow, Buckinghamshire. Each month he creates exclusive new seasonal recipes for us.

[@ChefTomKerridge](#)





Lavender poached pear with Poire  
Williams pudding, p49





## Pumpkin & bacon soup

*Check your local farmers' market for Crown Prince pumpkins – they have a silvery, blue-green skin and sweet, firm flesh. Butternut or onion squash are a good alternative.*

**SERVES 4 PREP 10 mins**

**COOK 1 hr 10 mins EASY**

✳ without garnishes ☑

1 tbsp vegetable oil  
50g butter  
1 onion, finely chopped  
150g maple-cured bacon, cut into small pieces  
½ Crown Prince pumpkin or onion squash, peeled, deseeded and cut into medium chunks (you need about 500g pumpkin flesh)  
1 litre chicken stock  
100ml double cream  
3 tbsp pumpkin seeds, toasted  
maple syrup, for drizzling

**1** In a large, heavy-bottomed pan, heat the oil with 25g butter. Add the onion and a pinch of salt and cook on a low heat for 10 mins or until soft. Add 60g bacon and cook for a further 5 mins until the bacon releases its fat. Then increase the heat to medium, add the pumpkin and stock and season. Bring to the boil, then reduce the heat to a simmer, cover with a lid and cook for about 40 mins until the pumpkin is soft. Pour in the cream, bring to the boil again and remove from the heat. Set aside some of the liquid, then blend the remaining pumpkin until smooth and velvety, adding liquid back into the pan bit by bit as you go (add more liquid if you like it thinner). Strain through a fine sieve, check the seasoning and set aside.

**2** Melt the remaining butter in a pan over a high heat and fry the rest of the bacon with black pepper for 5 mins. Divide the bacon between four bowls, reheat the soup and pour over. To serve, sprinkle over the pumpkin seeds and drizzle with maple syrup.

**GOOD TO KNOW** 2 of 5-a-day

**PER SERVING** 557 kcal • fat 43g • saturates 20g • carbs 19g • sugars 12g • fibre 5g • protein 21g • salt 2.2g



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## Chive gnocchi with smoked cream sauce & leeks

*It's important to use a good, dry potato – like Maris Piper – so that the gnocchi doesn't absorb too much flour and stays fluffy.*

**SERVES 6** **PREP** 45 mins  
**COOK** 2 hrs **A CHALLENGE** **V**

### For the gnocchi

1.2kg large Maris Piper potatoes  
125g '00' pasta flour, plus extra for dusting  
90g parmesan (or vegetarian alternative), finely grated, plus extra to serve  
small pack chives, snipped  
good grating nutmeg  
1 large egg and 2 large egg yolks  
3 tbsp rapeseed oil  
50g butter, diced

### For the charred leeks

4 leeks, trimmed and sliced into rounds  
1 tbsp rapeseed oil

### For the sauce

300ml pot double cream  
75g butter, cut into cubes  
pinch cayenne pepper, plus extra to serve  
pinch of smoked sea salt, plus extra to serve  
juice 1 lemon

**1** Heat oven to 200C/180C fan/gas 6. Put the potatoes on a baking tray and bake for 1 hr 15 mins. Leave to cool slightly, then halve and scrape out the middles with a spoon. Mash the potato with a ricer (or a vegetable masher, then push through a sieve into a large bowl). Mix in the flour, parmesan, most of the chives (keep a few to garnish), nutmeg, egg and egg yolks and some seasoning, then knead briefly on a lightly floured surface until you get a smooth dough.

**2** Divide the dough into four pieces, then use your hands to roll one piece into a long, even sausage shape. Cut into 17 equal pieces, then lightly push and roll each piece with a fork – this will shape the gnocchi and give it the traditional indentations. Divide the finished gnocchi between two trays lined with baking parchment, then repeat with the rest of the dough. Cover with cling film and chill in the fridge until needed.

**3** Put the sliced leeks in a large, non-stick frying pan with the oil, turn the heat to high and fry for 8 mins,

shaking the pan occasionally until the leeks are just cooked, with a charred edge, then turn off the heat.

**4** For the sauce, pour the cream into a large saucepan and simmer over a medium heat for 12 mins until reduced by half. Meanwhile, bring a large pan of salted water to the boil. Cook the gnocchi in batches in the water until they float (this will take only a few mins, so keep your eye on them). Transfer to lightly oiled trays using a slotted spoon and leave to steam-dry.

**5** Slowly whisk the butter into the cream, waiting until one cube has melted and combined before adding the next. Once all the butter has been incorporated, add the cayenne pepper, smoked salt and lemon juice, adjusting to taste. Set aside to keep warm.

**6** To finish the gnocchi, heat a large frying pan over a medium-high heat. Add 1 tbsp oil and a third of the butter, then fry the gnocchi in three batches, adding more oil and butter between each batch, until they have a golden brown crispy exterior. Put the gnocchi in serving bowls with the charred leeks, spoon the sauce over the top and finish with the reserved chives, some grated Parmesan and a pinch of smoked salt and cayenne pepper, if you like.

**GOOD TO KNOW** calcium • folate • fibre • 1 of 5-a-day  
**PER SERVING** 828 kcals • fat 59g • saturates 32g •  
carbs 54g • sugars 5g • fibre 7g • protein 16g • salt 0.8g







### Lavender poached pear with Poire Williams pudding

*I love desserts where you can do all the hard work in advance. For this one, you make the dough a day ahead and prove it in the fridge. You can also poach the pears the day before.*

**SERVES 8 PREP 1 hr 25 mins**  
plus overnight rising and soaking  
**COOK 45 mins A CHALLENGE** 🍳

#### For the poaching liquor

200g white caster sugar  
juice 2 lemons  
1 thyme sprig  
1 tsp dried lavender  
2 tbsp honey  
4 large, ripe pears, peeled, halved lengthways and core removed with a melon baller

#### For the sponge puddings

7g sachet fast-action dried yeast  
10g honey  
1 vanilla pod, halved lengthways and seeds scraped out  
160g plain flour, plus extra for dusting  
4 large eggs, lightly beaten  
70g unsalted butter, softened and chopped, plus extra for greasing  
100ml Poire Williams liqueur or sweet sherry  
vanilla Chantilly cream, to serve (to make your own, use the recipe overleaf but omit the calvados)  
fresh lavender, to serve (optional)

**1** Make the dough for the sponge the day before. Put the yeast, honey, vanilla seeds, flour and a pinch of salt in a stand mixer with a whisk attachment (use an electric hand whisk and large bowl if you don't have a stand mixer) and whisk for 30 secs to combine. On a medium speed, slowly add the eggs, then increase the speed and gradually beat in the butter, waiting for one bit to be fully incorporated before adding more. The texture of the finished dough will be very wet, similar to brioche. Cover the bowl with cling film and prove overnight in the fridge – this will make the dough easier to handle.

**2** The pears can also be poached the day before. Mix the sugar with the lemon juice and 500ml water in a medium saucepan and bring to the boil. Add the thyme, lavender, honey and pears, then lower the heat and poach gently for 10 mins (firm pears may take longer). Remove the pears from the heat and leave to cool in the syrup, then refrigerate until needed.

**3** The next day, divide the dough into eight balls. Put each one into a buttered daricle mould, cover with buttered cling film and prove in a warm place for 1-1½ hrs until the dough has doubled in size. About 20 mins before the dough has finished proving, heat oven to 180C/160C fan/gas 4. Bake the dough for 12 mins until golden and risen. Remove the puddings from the oven and cool for 5 mins, then remove from the moulds and transfer to a wire rack to cool completely.

**4** To assemble the pudding, drain the poaching liquor into a saucepan, bring to the boil, then reduce the liquid by half. Put the sponges in a deep-sided dish, then pour over the hot syrup. Cover with cling film and leave for 30 mins, turning the puddings over halfway through. Pour the Poire Williams over the sponges, re-cover and leave for a further 30 mins. Serve one pudding per person with the poached pears, a dollop of Chantilly cream, a drizzle of the poaching syrup and some fresh lavender, if you like.

**PER SERVING** 372 kcs • fat 10g • saturates 5g • carbs 59g • sugars 44g • fibre 4g • protein 6g • salt 0.1g





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### Whole baked celeriac with walnuts & blue cheese

*Full of flavour and texture, this makes a great side for a roast.*

**SERVES 8** **PREP 15 mins**

**COOK 1 hr 30 mins** **MORE EFFORT** **V**

1 large celeriac (about 800g-1kg)  
60g walnuts, toasted and chopped  
1 tsp thyme leaves  
100g blue cheese, crumbled  
50g butter, chopped  
100ml honey

**1** Peel the celeriac, keeping it as round as possible. Make a slight indent using a 6-7cm biscuit cutter in the top of the celeriac or score using a knife. Use the indent as a guide to hollow out the middle with a melon baller or apple corer until you're halfway down.

**2** Heat oven to 180C/160C fan/gas 4. In a bowl, toss the walnuts, thyme and blue cheese together, then pack into the cavity – don't worry if the filling sticks out of the top. Next, lay out a sheet of tin foil large enough to cover the celeriac. Put the celeriac in the

middle, dot the butter on top and around it, then drizzle with honey and sprinkle with salt. Wrap the celeriac in the foil, making sure there are no gaps, and roast for 1 hr 15 mins or until soft. Once cooked, open the foil and roast for a further 15 mins until golden. Serve the celeriac on a chopping board and reserve the juices in a dish to spoon over.

**GOOD TO KNOW** 1 of 5-a-day • gluten free  
**PER SERVING** 221 kcal • fat 15g • saturates 7g •  
carbs 12g • sugars 11g • fibre 6g • protein 6g • salt 0.6g



## Almond & apple tart

**SERVES 8** **PREP** 1 hr plus at  
least 1 hr 20 mins chilling  
**COOK** 1 hr 15 mins **MORE EFFORT**

4 Royal Gala apples  
100g icing sugar  
**For the sweet pastry**  
165g butter, softened  
80g caster sugar  
265g plain flour, plus extra  
for dusting

1 egg yolk, lightly beaten

**For the frangipane**

100g butter  
100g icing sugar, sieved  
2 large eggs  
100g ground almonds  
50ml calvados

**For the calvados Chantilly cream**

250ml double cream  
50g icing sugar  
50ml calvados  
½ vanilla pod, halved lengthways  
and seeds scraped out

**1** First, make the pastry. Using a free-standing mixer fitted with a beater attachment (or an electric hand whisk and large bowl), mix the butter and sugar until smooth and pale. Reduce the speed, slowly add the flour, then just before it's fully combined, add the egg yolk and mix briefly until smooth (if the pastry is dry add 1 tsp cold water). Remove the pastry from the bowl, wrap in cling film and chill in the fridge overnight, or for at least 1 hr.

**2** For the frangipane, cream the butter and icing sugar in a free-standing mixer or with an electric hand whisk until light and fluffy. Mix in the eggs one at a time, then fold in the almonds and calvados and beat for 3 mins more. Chill until needed.

**3** Heat oven to 170C/150C fan/gas 3. Roll out the pastry on a well-floured surface to the thickness of a £1 coin. Gently press the pastry into either a 23cm tart ring on a baking sheet or a 23cm fluted tart tin (the pastry may crack – patch up any holes with

leftover pastry). Trim the edges neatly, then chill in the fridge for 20 mins.

**4** Stand the tart tin (if using) on a baking sheet, then spoon in the frangipane and smooth with the back of the spoon, leaving a 0.5cm gap at the top. Peel and core the apples, then cut into 4mm slices using a mandolin or knife across the width of the apple so there's a hole in the middle of each slice. Arrange the apples on top of the frangipane. Sieve a good layer of icing sugar on top, then bake for 1 hr-1 hr 15 mins or until the apples are caramelised and the frangipane is cooked (use a skewer to check). Leave to cool for 30 mins before serving.

**5** Next make the Chantilly. Whip the double cream and icing sugar to soft peaks, then add the calvados and vanilla seeds, and whisk again until the mixture holds its shape. Chill in the fridge until you are ready to serve with the tart.

**PER SERVING** 846 kcals • fat 53g •  
saturates 29g • carbs 74g • sugars 48g •  
fibre 2g • protein 9g • salt 0.7g





# Talabat



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talabat



## Spiced pear chutney

**MAKES** 1 litre **PREP** 15 mins  
**COOK** 40 mins **MORE EFFORT** V Y

Put **200g demerara sugar**, **200ml cider vinegar**, **100ml perry (pear cider)**, **1 star anise**, **1 tsp ground cumin**, **2 chopped red onions** and **1 tsp grated ginger** in a large saucepan and bring to the boil.

Peel **10 firm pears** and chop into bite-sized pieces. Add the pears and **2 halved red chillies** (deseeded if you prefer) to the boiling liquid and simmer for 40 mins until the liquid is syrupy and the pears are just cooked. Stir in **50g sultanas**, remove from the heat and leave to cool, then spoon into sterilised jars.

**GOOD TO KNOW** low fat • gluten free  
**PER TBSP** 25 kcals • fat none • saturates none •  
carbs 5g • sugars 5g • fibre 1g • protein none • salt none



## Celeriac remoulade

**SERVES** 4-6 (as a side)  
**PREP** 15 mins **NO COOK** V

Peel and trim **1 celeriac** and cut into quarters. Slice the quarters very thinly (on a mandolin if you have one), then cut the slices into matchsticks. Sprinkle with **1 tbsp celery salt**, toss together and leave for 20 mins.

Wash off the salt, then put the celeriac in a clean tea towel and twist to squeeze out any excess moisture. Tip into a bowl and stir in **100g mayonnaise**, **1 tsp snipped chives**, **juice 1 lemon** and **2 tsp wholegrain mustard**.

Season with black pepper and celery salt, then serve.

**GOOD TO KNOW** fibre • 1 of 5-a-day  
**PER SERVING** (6) 155 kcals • fat 13g • saturates 1g •  
carbs 3g • sugars 3g • fibre 7g • protein 2g • salt 1.3g

## Creamed leeks with bacon & thyme

**SERVES** 4 (as a side) **PREP** 5 mins  
**COOK** 25 mins **EASY** Y

Heat **½ tbsp vegetable oil** in a frying pan over a medium-high heat. Cut **6 streaky bacon rashers** into strips and fry for 5 mins, then turn down the heat, add **75ml white wine** and simmer to a glaze. Add **150ml double cream** and reduce by half. Add **4 thinly sliced leeks** and simmer for 10 mins, then stir in **½ tsp thyme leaves** and **40g diced strong cheddar** and season.

**GOOD TO KNOW** 1 of 5-a-day • gluten free  
**PER SERVING** 381 kcals • fat 33g • saturates 17g •  
carbs 6g • sugars 4g • fibre 5g • protein 10g • salt 1.2g





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# SIMPLE SUMMER SUPPERS

Quick and tasty recipes, perfect for busy weeknights *recipes* MIRIAM NICE and LULU GRIMES

*photographs* STUART OVENDEN

## Quick sushi bowl

**SERVES 2** **PREP** 15 mins  
**COOK** 10 mins plus standing  
**EASY**

150g sushi rice  
pinch sugar  
1 tbsp rice vinegar  
2 cooked salmon fillets (we used teriyaki marinated)

1 large carrot, cut into ribbons  
4 tbsp pickled red cabbage  
handful radishes, sliced  
thumb-sized piece ginger, finely sliced  
¼ cucumber, halved longways and sliced  
1 tbsp soy sauce  
1 tsp sesame seeds (optional)

**1** Cook the sushi rice following pack instructions. When cooked, sprinkle over the sugar and vinegar, cover and set aside for 5 mins.

**2** Divide the rice between two bowls and arrange the other ingredients on top, then drizzle with the soy sauce and sesame seeds, if using.

**GOOD TO KNOW** low cal • omega-3 • 2 of 5-a-day

**PER SERVING** 498 kcs • fat 11g • saturates 2g • carbs 70g • sugars 13g • fibre 4g • protein 27g • salt 2.3g



## Green masala eggs

**SERVES 4** **PREP** 10 mins  
**COOK** 30 mins **EASY** **V**

6 eggs  
350g brown basmati rice  
2 tbsp rapeseed oil  
1 onion, finely sliced  
2cm piece ginger, grated  
1 tsp turmeric  
1 tsp chilli powder  
1 tsp ground coriander  
400ml can coconut milk  
2 green chillies, finely sliced  
1 tsp mango chutney  
small pack coriander

**1** Lower the eggs into a pan of boiling water and cook for 6 mins, then lift them out and cool under cold running water. Cook the rice following pack instructions.

**2** Heat a little of the oil in a deep frying pan and cook the onions until soft. Add the ginger and cook for 1 min, then stir in the turmeric, chilli powder and coriander and cook for 1-2 mins or until fragrant. Add the coconut milk, most of the chillies and the mango chutney, bring to a simmer and cook for 5 mins.

**3** Meanwhile, heat the rest of the oil in a frying pan or wok. Peel the eggs and stir them around in the hot oil until they brown and start to bubble and crisp all over. Lift them carefully out of the pan and halve them.

**4** Roughly chop the coriander and stir most of it into the masala with some salt. Add the eggs, scatter the rest of the chilli and coriander over the top and serve with the rice.

**PER SERVING** 673 kcal • fat 34g • saturates 18g •  
carbs 68g • sugars 5g • fibre 5g • protein 22g •  
salt 0.5g

crowd-pleaser





vegetarian



## Okra with tomato sauce & couscous

**SERVES 4** **PREP 15 mins**

**COOK 55 mins** **EASY** **V**

2 tbsp olive oil, plus  
extra to serve

2 red onions, finely  
chopped

250g okra, each sliced  
into 4 pieces

2 garlic cloves, crushed

1 tsp ground allspice

500g passata

300g couscous

1 lemon, juiced

200g feta or natural yogurt

small pack parsley,  
chopped

**1** Heat the oil in a large saucepan, add the onion and cook over a medium-high heat for 10 mins, adding a splash of water if the onions stick. Add the okra, garlic and allspice, toss to coat the okra in spices, then add the passata. Pour in 100ml of water, cover and simmer for 40 mins or until the okra is tender.

**2** Pour 350ml boiling water over the couscous, cover and leave to stand for 10 mins, then season and stir with a fork to break up any clumps.

**3** Stir the lemon juice into the okra, then serve on top of the couscous with feta and parsley scattered over, or yogurt spooned on top.

**GOOD TO KNOW** calcium • folate • fibre • vit c • 2 of 5-a-day

**PER SERVING** 550 kcals • fat 18g • saturates 8g • carbs 70g • sugars 13g • fibre 9g • protein 22g • salt 1.0g

## Tofu with chilli & greens

**SERVES 2** **PREP 15 mins**

**COOK 10 mins** **EASY** **V**

1 large or 2 small heads (about 300g)  
of pak choy or gai lan, roughly  
chopped

300g block of silken tofu

1 tbsp Chinese rice wine

1 tbsp soy sauce, plus extra to serve

pinch soft brown sugar

1 tbsp oil

2 spring onions, julienned

or finely sliced

2cm piece of ginger, julienned

or finely sliced

large pinch chilli flakes

sesame oil

cooked wholegrain rice, to serve

**1** Put the greens in the base of a shallow bowl that will fit into a large steamer. (Alternatively, use a lidded wok: fill the base of the wok with water and put a heatproof trivet on the bottom to stand the bowl on so it's above the water line). Place the tofu on top of the greens and thickly slice. Mix the rice wine, soy sauce and sugar with 2 tbsp water and pour over the tofu. Cover and steam for 5 mins or until the tofu is hot.

**2** Heat the oil in a small pan, add the spring onion and ginger, sizzle for a min, then add the chilli flakes and a splash of sesame oil. When hot, pour carefully over the tofu. Serve with rice.

**GOOD TO KNOW** vegan • folate • 1 of 5-a-day • good for you

**PER SERVING** 194 kcals • fat 11g • saturates 1g • carbs 9g • sugars 6g • fibre 4g • protein 10g • salt 1.0g

vegan





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## Jerk chicken & pineapple traybake

**SERVES 4** **PREP** 20 mins  
**COOK** 1 hr **EASY**

6 chicken thighs, skin on and bone in  
90g jerk paste  
3 limes, 1 zested and juiced,  
2 cut into wedges, to serve  
1 pineapple, peeled, cored and  
chopped into chunks  
2 sweet potatoes, peeled and  
chopped into chunks  
1 red pepper, sliced  
300g wholegrain rice  
400g can black beans  
1 tbsp coconut oil  
few thyme sprigs,  
leaves picked  
3 Little Gem lettuces, sliced

**1** Heat oven to 180C/160C fan/gas 4. Cut the thighs in half lengthways down one side of the bone. Put them in a large roasting tin. Mix the jerk paste with the lime zest and juice and pour over the chicken. Tuck the pineapple pieces, sweet potatoes and peppers in and around the chicken. Season, cover with foil and roast for 30 mins.

**2** Increase the oven temperature to 220C/200C fan/gas 7, remove the foil, baste the chicken and stir the veg in the cooking juices. Return to the oven for 20-25 mins.

**3** Meanwhile, cook the rice

**family favourite**

according to pack instructions, then stir in the beans, coconut oil, thyme leaves and seasoning. Cook for 2-3 mins to warm the beans through and melt the coconut oil. Serve 3 pieces of chicken per person with the vegetables, and the lettuce and rice on the side.

**GOOD TO KNOW** folate • fibre • 2 of 5-a-day

**PER SERVING** 617 kcs • fat 18g • saturates 4g • carbs 77g • sugars 18g • fibre 9g • protein 32g • salt 4.0g





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ASWAD



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TICKETS AED 195 EASRLY BIRD | AED 225 REGULAR | AED 495 EVENING BRUNCH 8-11PM\* | 21+  
AED 1150 HOTEL PACKAGE (SUPERIOR ROOM FOR TWO INC BREAKFAST & REGULAR CONCERT TICKETS)

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AN AREA OF THE IRISH VILLAGE WILL REMAIN OPEN FROM 11AM FOR NON-CONCERT GOERS.



storecupboard  
supper



## Charred broccoli & cheat's romesco toast

**SERVES 4** **PREP** 15 mins  
**COOK** 45 mins **EASY** **V** **T**

**2 heads of broccoli, broken into florets and stalks chopped**

**4 tbsp olive oil**

**For the romesco toast**

**50g whole blanched almonds**

**100g cooked red peppers from a jar, drained**

**5 thick slices sourdough bread**

**½ tbsp olive oil**

**1 tsp sherry vinegar**

**1 red chilli, deseeded**

**¼ tsp smoked paprika**

**1 garlic clove, crushed**

**1** Heat oven to 200C/180C fan/gas 6. Put the broccoli in a large roasting tin, drizzle with the oil and season well. Roast for 35-40 mins or until tender and starting to char at the edges.

**2** Meanwhile, toast the almonds in a dry pan until golden. Put the almonds, peppers, 1 piece of the bread, roughly torn (about 20g – an end piece is ideal), ½ tbsp olive oil, the vinegar, chilli, paprika, garlic and some seasoning in a food processor (or use a stick blender). Blend until smooth, then transfer to a bowl and chill in the fridge until needed.

**3** Toast the remaining pieces of bread, spread with the romesco and pile the roasted broccoli on top.

**GOOD TO KNOW** folate • fibre • vit c • iron • 1 of 5-a-day

**PER SERVING** 409 kcal • fat 21g • saturates 3g • carbs 31g • sugars 6g • fibre 10g • protein 18g • salt 1.0g

## Prawn & beansprout omelette baguette

**SERVES 2** **PREP** 15 mins  
**COOK** 5 mins **EASY**

**4 eggs**

**1 tsp fish sauce**

**1 tbsp oil**

**2 spring onions, finely sliced**

**12 large cooked, peeled prawns**

**handful beansprouts, blanched**

**1 small red chilli, finely sliced**

**small pack coriander, leaves picked**

**2 carrots, cut into ribbons with a vegetable peeler**

**1 baguette, cut in half and each half split down the middle (or 2 small baguettes)**

**For the chilli & lime dressing**

**1 lime, juiced**

**1 garlic clove, crushed**

**2 tsp fish sauce**

**2 tsp soft brown sugar**

**2** Heat the oil in a frying pan, add the spring onions and fry briefly, then add the prawns and toss together. Scrape them to one side of the pan and pour in the egg mixture, then shake the pan so it runs into all the gaps. Fry until the base starts to brown, then scatter over the beansprouts, chilli and most of the coriander. Spoon over the dressing. Flip the thin side of the omelette over the side with all the filling and slide it onto a plate, then cut into quarters and divide between the baguette pieces. Finally, add the carrot and the remaining coriander leaves.

**GOOD TO KNOW** folate • fibre • 2 of 5-a-day  
**PER SERVING** 617 kcal • fat 18g • saturates 4g • carbs 77g • sugars 18g • fibre 9g • protein 32g • salt 4.0g

**1** Whisk the eggs with the fish sauce and a splash of water. Mix all the ingredients for the dressing in a bowl.

weeknight  
treat







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Pots Pans & Boards



# Murder on the MENU



Just in time for Halloween, everything you need for  
a spectacular gothic murder mystery dinner!

*recipes* MIRIAM NICE *photographs* TOM REGISTER *online murder mystery game* BEN MOOR

A gothic-themed still life featuring several glasses of red beetroot cocktails, a bottle of wine, a candle, a dagger, and a book with a crow on the cover.

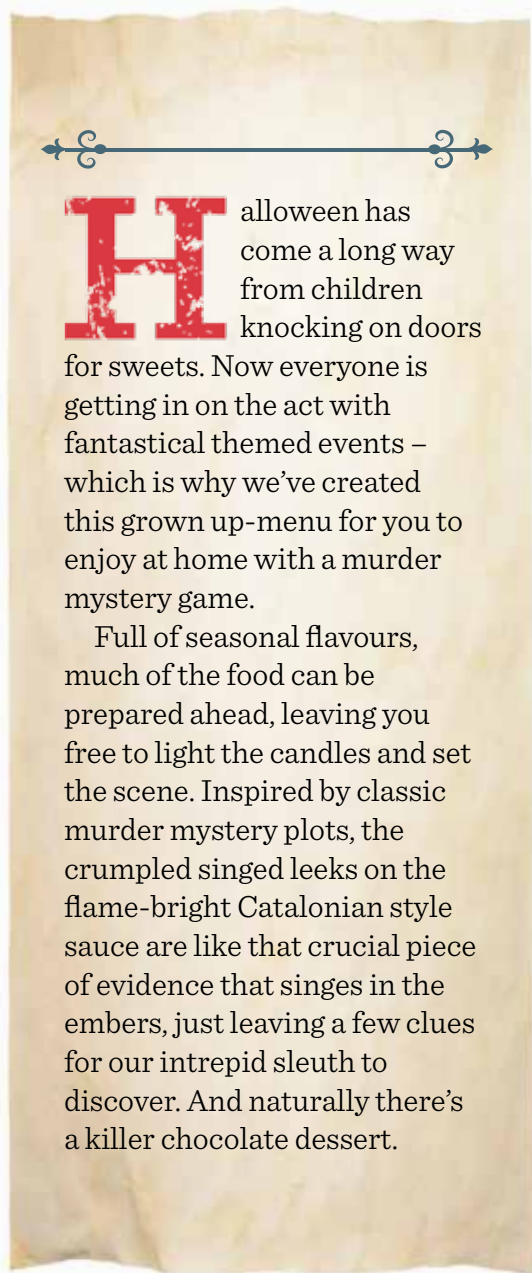
Blood beetroot  
cocktails, p69





Burnt leeks on toast  
with romesco, p66





**H**alloween has come a long way from children knocking on doors for sweets. Now everyone is getting in on the act with fantastical themed events – which is why we’ve created this grown up-menu for you to enjoy at home with a murder mystery game.

Full of seasonal flavours, much of the food can be prepared ahead, leaving you free to light the candles and set the scene. Inspired by classic murder mystery plots, the crumpled singed leeks on the flame-bright Catalonian style sauce are like that crucial piece of evidence that sings in the embers, just leaving a few clues for our intrepid sleuth to discover. And naturally there’s a killer chocolate dessert.



Ben Moor is an actor and writer. He has written for *The Guardian* and *The Idler*. His broadcast work includes *Elastic Planet* and *Undone* for BBC Radio, and TV appearances in *The IT Crowd* and *Doctor Thorne*. [@benmoor](#)



### Burnt leeks on toast with romesco

*Blanching the leeks first makes them sweeter. Burning them under the grill provides the perfect balancing bitterness.*

**SERVES 6 PREP 20 mins COOK 25 mins EASY V**

50g whole blanched almonds  
100g cooked red peppers from a jar, drained  
1 large ciabatta loaf, sliced  
½ tbsp olive oil, plus 2 tsp  
1 tsp sherry vinegar  
1 red chilli, deseeded  
¼ tsp smoked paprika  
1 garlic clove, crushed  
3 leeks, each cut into 4 pieces

**1** Toast the almonds in a dry pan until golden. Put the almonds, peppers, 1 small ciabatta slice (about 10g – an end piece is ideal), ½ tbsp olive

oil, the vinegar, chilli, paprika, garlic and some seasoning in a food processor (or use a stick blender). Blend until smooth, then transfer to a bowl and chill in the fridge until needed. *Can be done a day in advance.*

**2** Put the leeks in a saucepan and cover with water. Bring to the boil and cook for 5 mins. Drain on kitchen paper until needed.

**3** When you’re ready to serve, heat grill to high. Put the cooked leeks on a baking tray, season and drizzle with 2 tsp olive oil. Grill the leeks until starting to blacken, about 8-10 mins, turning once during cooking.

**4** Toast the remaining ciabatta slices and spread with a little of the romesco. Gently pull the leeks into ribbons and pile them on top. Season well and serve immediately.

**GOOD TO KNOW** vegan • 1 of 5-a-day • good for you  
**PER SERVING** 221 kcs • fat 9g • saturates 1g • carbs 25g • sugars 3g • fibre 4g • protein 9g • salt 0.4g





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Stuffed onions, root vegetable rice  
& herby yogurt dressing





## Stuffed onions

**SERVES 6**  
**PREP 25 mins**  
**COOK 1 hr 15 mins**  
**MORE EFFORT** ✨

### For the onions

4 very large onions  
2 tbsp olive oil  
2 tbsp pomegranate molasses

### For the stuffing

50g Greek yogurt  
50g fresh breadcrumbs  
400g lamb mince (20% fat)  
1 egg, beaten  
1 tsp ground allspice  
½ tsp ground cinnamon  
1 tsp each ground cumin and ground coriander  
½ small pack each mint and flat-leaf parsley, chopped

**1** Trim the very ends of the onions. Make an incision in each, from top to root, then another 0.5cm along, so you can cut out and discard a thin wedge (like you're discarding a segment of orange). Bring a pan of water to the boil and add the onions. Boil for 10 mins, remove from the water and let cool. Heat oven to 200C/180C fan/gas 6.

**2** When the onions are cool enough to handle, carefully peel and set aside their outer layers – you want about 12-16 large layers in total, which will become the outer casing for the lamb filling. You can use the smaller, leftover layers in the middle for another recipe.

**3** Mix all the stuffing ingredients in a bowl and season well. Shape into 12-16 oval meatballs. Put each one on an onion layer and roll it up to create what looks like a small, peeled onion.

**4** Pour half the olive oil into a large, shallow casserole dish or roasting tin, then arrange all the stuffed onions on top in a tight, single layer. Drizzle over the remaining oil and bake for 45 mins. Brush with the molasses and bake for another 15-20 mins until the casings are really soft and dark golden brown. Serve with the root vegetable rice and the herby yogurt dressing (see recipes, right) on the side.

**GOOD TO KNOW** 1 of 5-a-day

**PER SERVING** 314 kcals • fat 19g • saturates 8g • carbs 18g • sugars 11g • fibre 4g • protein 15g • salt 0.3g



## Root vegetable rice

**SERVES 6** **PREP 10 mins** **COOK 35 mins** **EASY**

250g carrots, sliced at an angle  
250g parsnips, sliced at an angle  
1 tbsp olive oil  
½ tsp coriander seeds, lightly crushed  
80g butter  
2 small onions, finely chopped (or use leftovers from the stuffed onions, left)  
100g short vermicelli (available from Middle Eastern shops or online, or break vermicelli nests into small pieces)  
300g white rice, rinsed and drained  
pinch of saffron  
500ml chicken stock  
½ small pack flat-leaf parsley, chopped

**1** Heat oven to 200C/180 fan/gas 6. Put the carrots and parsnips in a roasting tin and drizzle with the olive oil. Sprinkle over the coriander seeds, season well and bake in the oven for 25-30 mins until cooked through and starting to turn golden brown at the edges. Remove from the oven and set aside somewhere warm.

**2** Meanwhile, melt the butter in a large saucepan and add the onions. Fry for 2-3 mins until starting to soften, then add the vermicelli and cook until golden. Add the rice, saffron, stock and 500ml water. Cover with a lid. Bring to the boil, then reduce the heat and cook until the liquid has been absorbed, about 20 mins. Add the roasted carrots and parsnips, scatter the parsley over and serve.

**GOOD TO KNOW** fibre • 1 of 5-a-day

**PER SERVING** 398 kcals • fat 15g • saturates 8g • carbs 56g • sugars 6g • fibre 6g • protein 8g • salt 0.6g



## Herby yogurt dressing

**SERVES 6** **PREP 5 mins** **NO COOK** V

170g pot Greek yogurt  
juice ½ lemon  
2 tbsp olive oil  
small pack basil, chopped  
½ small pack flat-leaf parsley, chopped

Blitz all the ingredients in a blender or food processor until smooth. Season, then chill until needed. *Can be done a day ahead.*

**GOOD TO KNOW** gluten free

**PER SERVING** 74 kcals • fat 7g • saturates 2g • carbs 2g • sugars 1g • fibre none • protein 2g • salt none



## Blood beetroot cocktails

*Get ahead – make the beetroot lemonade the night before and chill until needed.*

**MAKES 6** **PREP 15 mins plus chilling** **NO COOK** **EASY** V ?

**For the beetroot lemonade**  
200g raw beetroot, grated  
juice 8 lemons

200g golden caster sugar

**For the cocktail**

300ml Aperol  
ice

750ml Prosecco, chilled

**1** First, make the beetroot lemonade. In a bowl, stir together the beetroot, lemon juice and sugar. Steep in the fridge for at least 1 hr, stirring occasionally to dissolve the sugar. Pour the mixture through a sieve into a large jug to get rid of the pulp.

**2** To make the cocktail, pour 25ml of the beetroot lemonade into each glass, followed by 50ml of Aperol and a few ice cubes. Top with Prosecco and serve.

**GOOD TO KNOW** low fat • gluten free

**PER COCKTAIL** 289 kcals • fat none • saturates none • carbs 34g • sugars 34g • fibre none • protein none • salt none





### Death-by-chocolate tart

*You can buy crystallised rose petals, but homemade ones will be larger than shop-bought and much more delicate. This will add drama and elegance to your finished tart.*

*Carefully remove the petals of fresh organic roses and lay them on baking parchment. Lightly whisk 1 egg white in a small bowl. Use a small, clean paintbrush to fully coat each petal with egg white, then dust with spoonfuls of caster sugar. Shake off any excess, then lay on the parchment. Allow to dry for 3 hrs or overnight. They will keep for up to 1 month but will start to fade after a week or two.*

**SERVES** 6-8 **PREP** 35 mins plus chilling  
**COOK** 30 mins **MORE EFFORT**

#### For the pastry

100g butter, softened, plus extra for greasing

75g golden caster sugar  
3 egg yolks  
1 vanilla pod, seeds only  
200g plain flour, plus extra for dusting

#### For the rose & cassis layer

3 tbsp double cream  
3 tbsp crème de cassis  
¼ tsp rosewater  
250g icing sugar  
a few drops of pink food colouring

#### For the cheesecake layer

100g dark chocolate  
100g milk chocolate  
75ml double cream  
150g full-fat cream cheese

#### For the chocolate ganache

100g dark chocolate  
50ml double cream  
25g butter

#### To serve

pinch of flaky sea salt  
red and pink crystallised rose petals (shop-bought or make your own, see intro)

**1** Start by making the pastry. Cream the butter and sugar in a large bowl, using an electric whisk or a wooden spoon, until pale and light. Add the egg yolks, one at a time, beating well after each addition, then add the vanilla seeds. Stir in the flour, then bring the dough together with your hands until it forms a ball that leaves the bowl clean. Wrap in cling film and chill for 30 mins or overnight.

**2** Heat oven to 190C/170C fan/gas 5 and grease a 23cm loose-bottomed, deep fluted tart tin. Lightly dust your work surface with flour, then roll out the chilled pastry and line your tin with it, making sure there's a slight overhang. If the pastry tears, use your fingers to push the pieces back together (it will fuse back together neatly in the oven). Put a piece of baking parchment on top of the pastry and weigh it down with baking beans. Bake for 15 mins, remove the parchment and beans, and return to the oven for a further 15 mins until crisp and golden.

**3** Trim any excess pastry with a serrated knife, so the edge sits flush with the tin, and let cool completely.

**4** Mix all the rose & cassis layer ingredients in a bowl, using enough food colouring to turn it dusky pink. Pour the mixture into the pastry case and chill for 10 mins to firm up.

**5** Meanwhile, for the cheesecake layer, break the chocolate into pieces and tip into a large, heatproof bowl. In a small pan, gently heat the double cream and cream cheese until piping hot and melted together. Quickly pour the mixture over the chocolate, let it sit for 1 min, then stir until completely smooth and melted. Pour the mixture over the rose & cassis layer, then return the tart to the fridge.

**6** To make the chocolate ganache, put all the ganache ingredients in a heatproof bowl and microwave in short bursts until melted. (Alternatively, heat all the ingredients in a bowl over a pan of barely simmering water.) Pour over the cheesecake layer and chill the tart for at least 30 mins, or overnight if you prefer. Just before serving, carefully remove the tart from the tin and put on a serving plate or board. Decorate with a pinch of sea salt flakes and a few rose petals. Cut into slices and serve.

**PER SERVING (8)** 793 kcal • fat 48g • saturates 29g • carbs 79g • sugars 57g • fibre 3g • protein 7g • salt 0.5g





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# INSTANT EXPERT INDIAN



Bring friends and family together for a fragrant, spicy feast.  
Packed with flavour, these dishes are easy enough to make at home

*recipes* ELENA SILCOCK *photographs* STUART OVENDEN

## Chana masala

**SERVES** 6-8 **PREP** 15 mins **COOK** 35 mins **EASY**

800g canned chickpeas or 720g jar giant chickpeas	1 tsp each turmeric and garam masala
3 onions, quartered	1½ tsp amchoor powder (see p39, optional)
3 garlic cloves	3 medium tomatoes (around 300g), roughly chopped, or 400g can chopped tomatoes
5cm piece of ginger	1 lemon, juiced
2-3 green chillies, roughly chopped	½ small pack coriander leaves. to serve
1½ tbsp ghee	
½ tsp each ground coriander, ground cumin, chilli powder (Kashmiri if possible)	

**1** Drain the chickpeas, add to a large pan with 400ml of water and season. Bring to the boil, then turn off the heat and set aside to allow the chickpea flavour to infuse the water.

**2** Blitz the onions with the garlic, ginger and green chillies.

Melt the ghee in a large saucepan, then add the onion mix with a pinch of salt and cook for 8-10 mins, until softened.

**3** Stir in the spices, and cook for 3 more mins, adding a splash of the chickpea water to stop them sticking to bottom of the pan. Add the tomatoes and another splash of water and cook for 5 mins, squishing the tomatoes with a spoon as they soften. Tip in the chickpeas, along with their cooking water. Cook for 10 mins. Season well, add the lemon juice, and a splash of water if you like a looser curry. Scatter with the coriander, to serve.

**GOOD TO KNOW** low fat • 2 of 5-a-day • good for you • gluten free

**PER SERVING** (8) 140 kcal • fat 5g • saturates 2g • carbs 15g • sugars 5g • fibre 5g • protein 6g  
• salt 0.1g

### gf step it up

Add 6-8 fresh or dried curry leaves at the same time as the chilli for an extra flavour punch

## Coriander & mint raita

**SERVES** 6-8 **PREP** 5 mins **COOK** 2 mins **EASY**

1 tsp each cumin seeds and mustard seeds	1 green chilli, ¼ roughly chopped, the remainder sliced, to serve
1 small pack each mint and coriander	200g Greek yogurt 1 lime, juiced

**1** Toast the spices in a dry pan until fragrant, then tip into a mortar and grind to a powder with a pestle. Tip into a food processor with all the remaining ingredients except the lime juice. Blitz, adding a splash of water to loosen, then season and add the lime juice to taste. Leave in the fridge while you prepare the rest of the dishes. Scatter with the remaining chilli, to serve.

**GOOD TO KNOW** gluten free

**PER SERVING** (6) 51 kcal • fat 4g • saturates 2g • carbs 2g • sugars 1g • fibre 0g • protein 3g  
• salt 0.1g

### gf tip

Deseed and remove the membrane from your chilli if you don't want it hot, as much of the heat comes from these parts



Sali murghi, p74

Mango lassi, p74

Chana masala, p72

Saag paneer, p74

Coriander & mint  
raita, p72





## Sali murghi

Jaggery is unrefined cane sugar and has a distinctive flavour that adds a caramel richness to Indian dishes. If you can't get hold of any, use soft brown sugar instead.

**SERVES 6-8 PREP 20mins COOK 55 mins EASY** 🌱 🍴

2½ tbsp ghee or vegetable oil  
8 chicken thighs  
1 cinnamon stick  
5 green cardamom pods, bashed, seeds removed  
1 tsp cumin seeds  
2 onions, finely chopped  
2 green chillies, roughly chopped  
3 garlic cloves, roughly chopped  
5cm piece ginger, roughly chopped  
1 tsp each ground coriander, garam masala, Kashmiri chilli powder  
½ tsp turmeric

3 medium tomatoes, around 300g, finely chopped (or blitzed)  
2 tbsp white wine vinegar  
2 tsp jaggery (or soft brown sugar)  
150g dried apricots (use the soft, ready-to-eat type)  
½ small pack coriander, chopped  
**Sali (optional)**  
1 large potato, peeled and sliced into matchsticks (see tip)  
vegetable oil, for shallow frying

**1** Melt 1 tbsp of the ghee in the pan and add the chicken, skin-side down. Once the skin is golden and crisp (around 5 mins), remove from the pan and set aside (you may need to do this in batches). Melt the remaining ghee in the frying pan, add the cinnamon, cardamom and cumin seeds, and fry until fragrant, around 5 mins. Stir in the onions in along with a big pinch of salt and fry for 5 mins until browning in places.

**2** Blitz the green chilli with the garlic and ginger, add to the pan and cook for 2 more mins, then stir in the spices and cook for a few mins more, splashing in a little water to prevent the spices from sticking. Tip in the chopped tomatoes.

**3** Return the chicken to the pan, coating it with the curry base, then splash in the white wine vinegar followed by the jaggery. Add 100ml water, then cover and simmer for 30 mins. Remove the lid and stir in the apricots and coriander, then cook for 10-15 mins longer, until the gravy reduces.

**4** Meanwhile, make the sali. Pat the potato matchsticks dry with kitchen paper. Pour vegetable oil into a small, deep saucepan until it's a few cm deep, and heat over a medium-high heat. Add a handful of the potato matchsticks at a time and fry for around a minute, until golden and crisp. Remove with a slotted spoon, drain on kitchen paper and season generously. Serve the curry with the sali piled on top.

**GOOD TO KNOW** 2 of 5-a-day • gluten free

**PER SERVING** (6) 385 kJ • fat 23g • saturates 8g • carbs 18g • sugars 16g • fibre 5g • protein 24g • salt 0.3g



**tip**  
Using a julienne peeler to make the potato matchsticks saves a lot of time and effort



## Saag paneer

Use either fresh, mature spinach or frozen spinach for this dish. The young baby leaves don't pack the flavour-punch needed to make this dish really delicious.

**SERVES 6 PREP 10 mins COOK 20 mins EASY** 🌱

2 tbsp ghee  
1 tsp turmeric  
1 tsp Kashmiri chilli powder  
450g paneer, cut into 3cm cubes  
500g spinach, mature fresh or frozen

1 large onion, finely chopped  
3 garlic cloves  
thumb-sized piece of ginger  
1 green chilli, roughly chopped, (include seeds for extra spice)  
1 tsp garam masala  
½ lemon, juiced, to serve

**1** Melt the ghee, whisk in with the turmeric and chilli powder, then add the cubed paneer and toss well. Set aside. If using frozen spinach, microwave for 3-5 mins, then place in a sieve and squeeze out most of the water. If using fresh spinach, place in a colander, pour over boiling water, drain and cool, then put in a tea towel and squeeze out most of the water. Roughly chop.

**2** Blitz the onion with the garlic, ginger and green chilli. Cook the paneer in a large non-stick frying pan over medium heat for around 8 mins, tossing the pan so they become golden all over. Remove and set aside on a plate, leaving spices behind in the pan. Tip the onion mix into the pan, add a pinch of salt and turn the heat down. Fry until caramel coloured, around 10 mins, adding a splash of water if it looks a little dry. Add the garam masala, stir to coat the onion mix, fry for 2 mins.

**3** Add the spinach and cook for a further 2-3 mins, adding 100ml water to release all the flavours from the bottom of the pan. Add the paneer and cook for 2-3 mins to heat through. Spoon into bowls and squeeze over a little lemon juice, to serve.

**GOOD TO KNOW** calcium • folate • gluten free

**PER SERVING** 326 kJ • fat 24g • saturates 15g • carbs 4g • sugars 3g • fibre 2g • protein 22g • salt 0.2g

## Mango Lassi



Honey mangoes (also known as champagne or Aaulfo) are ideal for this. They're sweeter, more flavoursome and less fibrous than other varieties.

**SERVES 6 PREP 10 mins NO COOK EASY** 🌱

3-4 ripe mangoes (honey mangoes if possible)  
500g natural yogurt

2 tsp ground cardamom  
1 tbsp honey  
2 limes, juiced, to taste

**1** Put all the ingredients apart from the lime juice in a food processor and blitz. Add the lime juice along with a pinch of salt, to taste, then pour into glasses with some ice cubes and serve.

**GOOD TO KNOW** low cal • vit c • 1 of 5-a-day • good for you • gluten free

**PER SERVING** 131 kJ • fat 3g • saturates 2g • carbs 20g • sugars 20g • fibre 1g • protein 5g • salt 0.2g



**step it up**  
Use frozen mango pieces instead of the ice



## KNOW YOUR SPICES >>



**Kashmiri chilli powder**  
Milder than other, more commonly used, chilli powders, this traditional Indian spice adds a smoky heat to dishes.



**Amchoor powder**  
Made from dried and powdered green mango, it adds a lick of acidity to a curry. Use an extra squeeze of lemon juice if you can't get hold of any.



**Garam masala**  
This spice blend varies across regions, but it's usually a blend of cloves, peppercorns, cinnamon, cardamom, bay leaf, mace and cumin.

## BEST BUYS >>



**Spice Taylor mango chutney**  
This mango chutney has the perfect balance of sweet and sour. It cuts through the intense flavours of a curry and also helps cool the spices on the palate.



**Lloyd Grossman peshwari naan**  
A great way to emulate the experience of being at your local curry house, this is the perfect naan to mop up any curry juices left on your plate at the end of the meal.



**Ruby madras plain poppadums**  
The fun of these is in the making. Drop into hot oil and create poppadums with that 'just cooked' appeal.

## COOK LIKE A LOCAL >>

### Fresh curry leaves

These are delicious when fried and served with peanuts, or can be cooked in curries to add an extra layer of flavour. Double the quantities if using dried leaves.



### Indian green chillies

Slender chillies, not to be mistaken for the smaller Thai birdseye chilli. Use cautiously in curries, as they add a kick of heat not often found in other green chillies in UK supermarkets.



**Ghee**  
This is a form of clarified butter – the pure butterfat that remains when the milk solids are removed. It's used commonly in India due to its longer shelf life.

### Top tips for cooking Indian dishes

- 1 Use frozen chopped onions or blitz peeled onions to save time.
- 2 Pulse tomatoes in a food processor if you have a lot to chop.
- 3 No food processor? No problem. Simply replace the garlic and ginger in these recipes with 1 tbsp each of garlic and ginger paste.
- 4 Toasting spices, and 'cooking them out' when they are added to the pan, reinvigorates their flavour, making the curry more aromatic and with a more rounded depth.
- 5 The flavour of curry develops over time. Save some for tomorrow and see how delicious it tastes a day after it's cooked.



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RUGBY  
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# A Winning Menu

Got friends over to watch the game? Make the meal as memorable as the match with Barney Desmazery's crowd-pleasing curry

*Photographs* SAM STOWELL



## THE BIG LUNCH

*Curried pulled lamb*

*Indian oven chips,  
spiced salt & curry sauce*

*Cucumber & mint relish*

*Tomato kachumber*

Tomato kachumber

Curried pulled lamb

Cucumber &  
mint relish

Spiced salt

Indian oven chips





Like a winning team studying their opposition, coming up with recipe ideas and menu combinations is easiest when the boundaries are set, and you know what you're up against. When friends come over to watch a sporting event, they're going to be focused on the screen, so what's needed are dishes that can be grazed on, revisited at half-time, and piled into a sandwich or wrap for those that are standing.

Above all, keep it casual – you don't want your own sporting challenge of trying to watch the game while cooking at the same time.

**Barney Desmazery**



### Indian oven chips

*For super-crisp oven chips or wedges, boil them the day before, then roast from chilled. This means*

*there's no steam or moisture from the just-boiled potatoes to counteract the crisping process.*

**SERVES 6-8 PREP 10 mins plus overnight chilling COOK 55 mins EASY V**

1kg/2lb 4oz floury potatoes such as Maris Piper, peeled and cut into chunky chips  
 ½ tsp turmeric  
 3 tbsp sunflower oil  
 thumb-sized piece of ginger, peeled and chopped, or finely grated into a paste  
 3 garlic cloves, chopped, or finely grated into a paste  
 1 tsp fennel seeds  
 generous pinch of cayenne pepper

**1** The day before you plan to eat them, tip the potatoes into a pan of cold water and add the turmeric and pinch of salt. Bring to the boil, and simmer gently for 2-3 mins until just cooked. Drain, leave to cool, then chill overnight if you can.  
**2** Heat oven to 200C/180C fan/gas 6. Drizzle 1 tbsp of the oil in a shallow roasting tin (preferably non-stick), and place in the oven. Pour the rest of the oil into a large bowl and add the ginger, garlic, fennel seeds and cayenne pepper. Tip the cold chips into the bowl and gently toss with your fingers until evenly coated. Remove the tray from the oven and scatter over the chips. Use a spatula to coat the chips in the hot oil, then lay them out in a single layer and roast for 30 mins. Use the spatula to turn, then return to the oven for 15 mins until crisp and golden.

**GOOD TO KNOW** good for you • gluten free  
**PER SERVING (8)** energy 140 kcal • fat 4g • saturates 1g • carbs 21g • sugars 1g • fibre 2g • protein 3g • salt none



### Curried pulled lamb

*If you treat this recipe as a staggered process over a couple of days, this will result*

*in the best-flavoured curry sauce for dipping in your chips. When it comes to serving, place the lamb on a board with a couple of forks for shredding, and have a pile of flatbreads on the side to wrap up tender mouthfuls of meat.*

**SERVES 6-8 PREP 45 mins plus a few hrs marinating and overnight chilling COOK 4 hrs A LITTLE EFFORT**

2kg/4lb 8oz shoulder of lamb  
 3 tbsp sunflower oil  
 2 onions, sliced  
 1 cinnamon stick  
 4 cardamom pods  
 2 bay leaves  
 1 tsp light muscovado sugar  
 1 tbsp malt vinegar  
 2 large tomatoes, roughly chopped  
 100g/4oz natural yogurt  
**FOR THE SPICE PASTE**  
 6 garlic cloves  
 thumb-sized piece of ginger, peeled and roughly chopped  
 1 green chilli, roughly chopped (deseeded if you don't like it too hot)  
 1 tsp turmeric  
 1 tsp mild chilli powder  
 2 tsp ground cumin  
 1 tbsp ground coriander  
**TO SERVE**  
 coriander leaves, mint leaves, chopped green chilli (deseeded if you don't like it too hot), chapatis

**1** Up to 2 days before the meal, tip all the spice paste ingredients into a mini chopper or small food processor with a splash of water and a pinch of salt. Blitz until smooth. Lightly score the lamb a



few times on all sides and rub about a third of the paste all over. If you have time, cover the lamb and leave in the fridge for a few hours or overnight, and chill the remaining paste.

**2** The day before you want to eat the lamb, heat oven to 160C/140C fan/gas 4. Heat 2 tbsp of the oil in a casserole or flameproof roasting tin that is big enough to fit the lamb snugly. Add the onions, cinnamon, cardamom and bay leaves to the hot oil and cook for 10 mins, stirring occasionally, until the onions are soft and starting to brown. Sprinkle over the sugar and splash in the vinegar, then sizzle for 1 min. Tip in the remaining curry paste and cook everything for 1 min until aromatic.

**3** Add the tomatoes and cook for 1 min more, then stir in 200ml water and the yogurt. Season with salt and bring everything to a simmer. Nestle the lamb into the sauce and spoon over some of it. Cover the pan with a lid or tightly with foil and place in the oven for 3 hrs until the lamb is really tender. Leave the lamb to cool in the sauce, then lift it out and tip the sauce into a container – cover both and chill in the fridge overnight.

**4** On the day you want to eat the lamb, heat oven to 200C/180C fan/gas 6. Put the lamb on a shallow roasting tin, brush with the remaining oil and roast in the oven for 40 mins until nicely browned. While the lamb is roasting, scoop off and throw away the solidified fat from the sauce, then tip the sauce into a saucepan and simmer for 10 mins until thickened, and season to taste. Blitz the sauce with a hand blender until reasonably smooth, then reheat in the pan. Serve the lamb on a board, with the sauce for spooning over, and the coriander, mint, chillies and chapatis on the side.

**GOOD TO KNOW** freezable • gluten free  
**PER SERVING (8)** energy 477 kcal • fat 35g • saturates 15g • carbs 6g • sugars 4g • fibre 1g • protein 34g • salt 0.3g









### Spiced salt

To make a spiced salt that goes with everything on the table, simple mix

**50g sea salt flakes**  
with **1 tbsp garam masala**, **1**

**tsp dried mint**, **1 tsp black onion seeds** and a **small pinch of ground cinnamon**. Keep the salt coarse and flaky, or grind in a spice grinder for a powdered seasoning.

### Tomato kachumber

*Kachumber is an Indian chopped salad or salsa. Here I've kept it pretty basic, but diced cucumber, coarsely grated carrot, sliced radish and chopped red or yellow pepper could all happily join the party.*

**SERVES** 6-8 **PREP** 15 mins **NO COOK**  
**EASY** ▽

4 tomatoes, chopped  
1 small red onion, chopped  
juice ½ lemon  
pinch of cayenne pepper  
½ tsp cumin seeds  
handful coriander leaves, chopped  
mint leaves, green chilli, sliced (optional)

Mix all the ingredients together in a bowl until well coated, and cover until needed. Scatter over mint and chilli, if you like, before serving.

**GOOD TO KNOW** low fat • good for you • gluten free  
**PER SERVING** (8) energy 12 kcals • fat none • saturates none • carbs 2g • sugars 2g • fibre 1g • protein none • salt none

### Cucumber & mint relish

*This is cooling and spicy in equal measure. If you prefer it without heat, simply leave out the chilli.*

**SERVES** 6-8 **PREP** 15 mins **NO COOK**  
**EASY** ▽

½ cucumber  
large pack mint, leaves picked, plus extra, to serve  
1 garlic clove  
small piece of ginger, peeled  
100g/4oz natural yogurt

**1** Peel the cucumber and coarsely grate the sides, discarding the seeds. Season generously with salt. Tip into a colander or sieve and leave for 10 mins to drain, then squeeze out as much liquid as you can and tip into a bowl.

**2** Tip the remaining ingredients into a mini chopper or food processor and blitz. Pour the sauce over the cucumber and stir, then chill until needed. Serve scattered with mint.

**GOOD TO KNOW** low fat • good for you • gluten free  
**PER SERVING** (8) energy 18 kcals • fat 1g • saturates none • carbs 2g • sugars 1g • fibre none • protein 1g • salt none

gf

### WANT TO GET AHEAD?

■ The lamb can be braised up to 2 days ahead, then chilled until ready to roast.

■ The chips can be boiled up to 2 days ahead and chilled until you are ready to roast them.

■ The mint relish can be made the day before. Keep it chilled until ready to serve.







# In the *pink*

In recognition of Breast Cancer Awareness Month,  
welcome rhubarb into your kitchen for a pop  
of pink colour and flavour

*Recipes* EDD KIMBER / *Photographs* PHILIP WEBB





Rhubarb &  
custard tart, p84





## Rhubarb & custard tart

*This is inspired by a childhood favourite – rhubarb & custard boiled sweets. It is such a classic combo, tried and tested – a dessert that should convert any rhubarb doubter!*

**SERVES 8 PREP 40 mins plus 4½ hrs chilling COOK 1 hr A LITTLE EFFORT**

### For the pastry

225g/8oz plain flour, plus extra for dusting  
3 tbsp icing sugar  
140g/5oz unsalted butter, diced and chilled  
1 medium egg yolk, plus 1 medium egg yolk, beaten, for glazing (save the whites for meringues)

1 tsp vanilla bean paste

### For the vanilla custard

½ vanilla pod or 1 tsp vanilla bean paste  
250ml/9fl oz whole milk  
1 large egg, plus 2 large egg yolks  
100g/4oz golden caster sugar  
25g/1oz cornflour  
1 tbsp unsalted butter

### For the roasted rhubarb

700g/1lb 9oz thin forced rhubarb (about 5 stalks), trimmed, rinsed and cut into 9cm/3½in-long pieces

175g/6oz golden caster sugar

1 vanilla pod, seeds scraped out, or 1 tsp vanilla paste

juice 2 oranges

1 tbsp pistachios, chopped, to serve

**1** To make the pastry, put the flour, icing sugar and a pinch of salt in a large bowl and mix together. Add the butter and rub together until the mixture resembles breadcrumbs. Add 1 egg yolk, the vanilla and 1 tbsp cold water, and mix together until it just starts to come together as a dough. Tip the mixture onto a clean work surface and gently bring together with your hands. Wrap the pastry in cling film and chill for at least 1 hr before rolling out. Can be made 3 days ahead, or frozen for 2 months.

**2** To make the vanilla custard, put the vanilla beans scraped from the pod (or the paste) in a pan over a

medium-high heat, add the milk and bring to the boil. Meanwhile, tip the egg yolks, sugar and cornflour into a bowl and whisk together until smooth. Pour the milk over the egg mixture, whisking to combine. Pour the custard back into the pan and cook, whisking constantly, for 2-3 mins until thickened. Scrape into a bowl and add the butter, mixing until melted and combined. Press a sheet of cling film onto the surface of the custard to stop a skin forming, and chill for 3 hrs. Can be made and chilled 3 days ahead.

**3** On a lightly floured surface, roll out the pastry into a large rectangle big enough to line a 30 x 20cm fluted rectangular tart tin. Roll the pastry onto the rolling pin and carefully drape it into the tin, carefully lifting and pressing into the corners and edges. Roll your rolling pin over the tart tin, cutting off the excess. Chill for 30 mins or until the pastry is firm.

**4** Heat oven to 180C/160C fan/gas 4. Line the tart with a piece of crumpled baking parchment and fill with baking beans or rice and place on a baking tray. Bake for about 30 mins, then remove the parchment and the beans, and return to the oven for another 5 mins or until the base is golden brown. Brush the inside of the tart with the remaining beaten egg yolk and return to the oven for 1 min to set (this creates a seal, meaning the pastry won't become soggy as quickly). Set aside to cool.

**5** To roast the rhubarb, Heat oven to 190C/170C fan/gas 5. Put the rhubarb batons in a small roasting tin (so that they are in one flat layer) and sprinkle over the sugar, the vanilla pod and its scraped out seeds, and the orange juice. Roast for 15-20 mins, or until the rhubarb has softened but is still holding its shape and a vibrant pink syrup has formed. Remove from the oven, discard the vanilla pod and allow to cool.

**6** To assemble the tart, remove the custard from the fridge, beat to loosen, then pour over the pastry and smooth with a spatula. Top with the roasted rhubarb, brushing a little of the syrup on top, then sprinkle over the pistachios. Best eaten on the day its made.

**BENEFITS** 1 of 5 a day

**PER SERVING** 515 kcal • fat 22g • saturates 12g • carbs 68g • sugars 44g • fibre 3g • protein 8g • salt 0.2g

**TIP** For a Middle Eastern-style twist, swap the vanilla in the custard for rosewater or ground cardamom.



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**Tonka bean panna cotta  
with roasted rhubarb**







## Rhubarb buckle

*Perfect to enjoy with a delightful cup of tea - and a winner during Afternoon Tea gatherings!*

**SERVES 8 PREP 40 mins COOK 1 hr 10 mins EASY**

### For the crumble topping

50g/2oz plain flour  
50g/2oz golden caster sugar  
1/2 tsp ground ginger  
50g/2oz unsalted butter, chilled  
25g/1oz rolled oats

### For the rhubarb filling

225g/8oz thin forced rhubarb, trimmed, rinsed and cut into 2.5cm/1in-long pieces  
50g/2oz golden caster sugar  
zest 1 orange

### For the vanilla cake

100g/4oz unsalted butter, room temperature, plus extra for greasing  
200g/7oz golden caster sugar  
zest 1 orange  
2 large eggs  
200g/7oz plain flour  
2 tsp baking powder  
1 tsp vanilla bean paste  
125ml/4fl oz soured cream

**1** Heat oven to 180C/160C fan/gas 4.

Grease a deep 20cm round cake tin and line the base with baking parchment.

**2** To make the crumble topping, put the flour, sugar and ginger in a bowl and mix together. Add the butter and rub together until the mixture resembles breadcrumbs. Stir in the oats and, using your hands, bring the mixture together into a dough, wrap in cling film and chill until needed.

**3** Put the rhubarb pieces in a bowl with the sugar and orange zest, and mix together. Set aside while you make the cake batter.

**4** Put the butter, sugar and orange zest in a large bowl and, using an electric whisk, beat together until light and fluffy, about 5 mins. Add the eggs, one at a time, beating together until combined before adding the next.

**5** In a separate bowl, mix the flour, baking powder, vanilla paste and a pinch of salt together and, in two additions, fold into the butter mixture, alternating with the soured cream. Tip into your cake tin and level out with a spatula. Top with the rhubarb mixture and finish by breaking the chilled crumble into

irregular-sized pieces and scattering over the rhubarb. Bake in the oven for about 1 hr 10 mins or until the crumble is golden and a skewer inserted into the middle of the cake comes out clean. Check the cake after 1 hr – if it is colouring too quickly, cover lightly with foil for the final 10 mins.

**6** Allow to cool in the tin for 10 mins before carefully transferring onto a wire rack to cool completely. Will keep in an airtight container for up to 3 days, but the crumble will lose some of its texture after the first day.

**BENEFITS** freezable

**PER SERVING** 472 kcs • fat 20g • saturates 12g • carbs 65g • sugars 39g • fibre 2g • protein 6g • salt 0.4g



### WHAT IS A BUCKLE?

Buckle cakes, which are popular in America, have a dense layer of batter at the bottom, a layer of fruit (traditionally blueberries), and are finished with a crumble topping. As it bakes, the batter rises up the edges of the cake tin to form a crust, but 'buckles' under the weight of the fruit in the centre, giving the cake its name.



## Tonka bean panna cotta with roasted rhubarb

*A simple panna cotta, flavoured with tonka bean and orange, pairs beautifully with oven-roasted vanilla rhubarb.*

**SERVES 4 PREP 20 mins plus 4 hrs chilling COOK 25 mins A LITTLE EFFORT**

### For the panna cotta

3 sheets gelatine  
1 tonka bean (see tip, right)  
zest 1/2 orange  
300ml pot double cream  
200ml/7fl oz whole milk  
50g/2oz soft light brown sugar

### For the roasted rhubarb

200g/7oz thin forced rhubarb, trimmed, rinsed and cut into 5cm/2in-long batons  
50g/2oz golden caster sugar  
juice 1 orange

**1** To make the panna cotta, put the gelatine in a bowl of ice-cold water and set aside. Grate the tonka bean into a medium saucepan and add the orange zest, cream, milk and sugar. Bring to the boil, stirring occasionally. Remove from the heat and leave to cool for a few mins. Remove the gelatine from the water, squeezing out any excess water, and add to the cream mixture, stirring until fully melted. Pour the panna cotta mixture into a jug and divide between four dariole moulds. Carefully press a piece of cling film onto the surface of each pudding and chill for at least 4 hrs or until fully set.

**2** Heat oven to 190C/170C fan/gas 5. Put the rhubarb, sugar and orange juice in a small roasting tin and cook in the oven for 15-20 mins or until the rhubarb has softened but is still holding its shape.

**3** To serve, remove the panna cotta from the fridge and carefully peel off the cling film. Fill a bowl with hot water and dip each dariole mould into the water for about 10 secs to loosen the puddings. Invert onto a plate, tapping the mould firmly if it doesn't release easily. Serve with the rhubarb and a little of the syrup (this can be warm or cold).

**PER SERVING** 518 kcs • fat 42g • saturates 26g • carbs 29g • sugars 29g • fibre 1g • protein 4g • salt 0.1g



### ABOUT THE BEAN

Tonka beans have a spicy vanilla flavour with hints of cinnamon and clove. They're not stocked in many supermarkets however they're easy to find online. Otherwise, use a vanilla pod instead and scrape out the seeds.





### Rhubarb & star anise sorbet

*Homemade sorbet can be rather solid, but you can create a scoopable one by adding vodka (which doesn't freeze) and liquid glucose (which prevents crystallisation).*

**MAKES** about 500ml **PREP** 20 mins  
**plus cooling and freezing** **COOK** 20 mins **EASY**

700g/1lb 9oz thin forced rhubarb, trimmed, rinsed and cut into 2cm/3/4in-long pieces  
140g/5oz golden caster sugar  
3 tbsp liquid glucose (I used Dr Oetker)

1 vanilla pod  
2 star anise  
juice 1 lemon

**1** Put the rhubarb in a saucepan and add the sugar, 75ml water and the liquid glucose. Scrape the seeds from the vanilla pod and add to the pan (with the pod) along with the star anise.  
**2** Place over a medium-high heat and bring to the boil, stirring occasionally. Reduce the heat slightly and cook for 15 mins until the sugar has dissolved and the fruit is soft and starting to break down. Remove from the heat

and fish out the vanilla pod and star anise. Purée in a blender.

**3** Pour the mixture through a fine mesh strainer, removing any remaining stringy bits of rhubarb. Transfer to a jug and stir in the lemon juice. Cover and put in the fridge until fully chilled before churning in an ice cream machine, according to the manufacturer's instructions. Scrape the sorbet into an airtight container and freeze for at least 3 hrs before serving. Will keep, frozen, for up to 1 month.

**BENEFITS** low fat • gluten free • freezable

**PER SCOOP** 100 kcals • fat none • saturates none  
• carbs 23g • sugars 20g • fibre 2g • protein 1g • salt none



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# The Final Word

## Sausage roll for pudding, anyone?

[@naylor\\_tony](#)

Desserts should be treated with disdain, says **Tony Naylor**. Order another starter instead – chefs will thank you

**L**ike the birth of a child or surviving a near-death experience, the first time you muster up the courage to order a second starter, instead of dessert, is – well, for we foodists at least – life-changing.

I vividly remember the first time I crossed that Rubicon, at the Old Bore near Halifax, a pub sadly no longer with us (note: falling pudding sales were not a factor in its closure). My request for welsh rarebit rather than panna cotta was met with surprised, murmuring satisfaction by staff. They got it.

*[This bloke knew his own mind. He would not be fobbed off with the frivolous razzle-dazzle of pudding.](#)*

It felt liberating. A new maturity pulsed through my veins. I refuse to accept the bourgeois convention that I must order a dessert after my main – and what of it, world? Who can stop me? Well, chefs can, if they are cleaning down the kitchen and pastry is the only section still working. But generally, kitchens happily accommodate my requests for a late-night scotch egg or cheese soufflé.

Why? Because many chefs share my dessert disdain. Desserts, they will tell you, lack the savoury realm's complex flavours and potential for self-expression. They are an easy, sugar-laden win. Making them is, whisper it, a bit girly.

Some of that is true, some of it (sexist) nonsense. Pastry is actually a highly technically demanding discipline and as Gareth Ward's treacle tart at Ynyshir in Wales proves (it is made with miso, wagyu beef fat, blackened breadcrumbs), dessert can be seriously, gastronomically ambitious. But do I ever order one? Almost never.

Crap desserts have become a self-fulfilling prophecy. In restaurants, the responsibility for pastry is often given to



younger staff or handled, grudgingly, by someone who would rather be cooking the glamorous proteins. Naturally, quality suffers.

Even when kitchens take pride in their desserts, they cannot get past the in-built restrictions of the form. Desserts operate in a relatively narrow spectrum of both flavours (how far can you take chocolate and cherries?) and textures (all those creamy dollops, from crème brûlée to Eton Mess). They lack the resonance and evolving interplay of savoury courses.

That's why pastry chefs spend so much time on the visual aspects of their craft: ornate sugar work, endless layers, edible gold. It is classic misdirection. In this case from the fact that their work, as we say at Naylor Towers (usually about doughnuts), 'is not worth the calories'.

*[Arguably, we have simply evolved past pudding. In 2017, we crave light,](#)*

*[zippy, contrasting flavours. Who wants to finish a meal with sticky toffee pudding?](#)* Interestingly, a significant minority of new restaurants offer just one or two simple dessert options (tiny pastel de nata, say, or scoops of good ice cream). London's Thai barbecue restaurant Kiln has ditched dessert entirely. Modern diners are not that bothered.

Personally – the glories of a fine cheeseboard aside – I crave a revival of the savoury course, those salty, curried, on-toast snacks, such as scotch woodcock, that were served instead of dessert in 19th-century gentlemen's clubs. When contemporary chefs have revisited the savoury course (RIP Will Holland's hot cheese tarts at Ludlow's La Bécasse), it has been amazing.

Until then, I can only urge: join me. Order a sausage roll for dessert. Defy convention. It tastes incredible.

Tony Naylor writes for *Restaurant* magazine and *The Guardian*.



**Do you agree with Tony?**  
Let us know on Facebook and Twitter [#bbcxfopinion](#)



# Marina O'Loughlin eats BASEL

This pretty Swiss city where three countries meet has a rich cross-cultural cuisine. Rösti and bratwurst abound in its traditional restaurants, while exotic eats await those who venture into the buzzing riverside district of Kleinbasel







**W**hen you arrive at Basel airport, you land on French soil. As you walk along the beautiful banks of the Rhine, you're in Switzerland, but you don't have to travel far before you're in Germany. Basel's restaurants are reflections of this multiple personality: menus swaggering around ravioli and rösti, bratwurst and chateaubriand without pausing for breath. I always try to get under the skin of a destination, but here it's proving elusive: Basel shifts its demeanour as frequently as a reality TV star changes frocks.

So, I head for the zünfte, the old guild houses (Basel is a rich city, founded on a long mercantile past), some of which now operate as restaurants. Imposing from the outside, the wood-panelled interiors speak of ancient commerce. In Restaurant Safran Zunft's ([safran-zunft.ch/en](http://safran-zunft.ch/en)), muralled upstairs room, billionaire art collectors do their hustling over the legendary veal fondue and – of course – saffron risotto. The oldest guild house, Schlüsselzunft ([schluessel-zunft.ch](http://schluessel-zunft.ch)), with its extraordinary decorative stove has cuisine as solid as the surroundings. These are very much hipster-free zones.

I adore the Kunsthalle ([restaurant-kunsthalle.ch](http://restaurant-kunsthalle.ch)). Inside, past the kiosk for laundering your Hermès scarves (I said this was a rich city, didn't I?), one side is all brown wood panelling, white-jacketed waiters and dessert trolleys, but on the other side of the muralled wall, all is light, white and chic. I'm becoming familiar with menus that feature salade Lyonnaise and pecorino & tomato ravioli, but I'm here for the rösti, insanely buttery and served with a veal sausage, mustard and onion sauce: the recherché joys of beige food.





## SWISS CHEESE & HIPSTER HOPS

Despite a world-class public transport system (free if you're a visitor!), I spend hours walking around – my Fitbit doesn't know what's hit it – so I feel justified in eating vats of bubbling cheese fondue in the likes of the tiny, Alpine-hut-like Elsbethen-stübli ([elsbethenstuebli.ch](http://elsbethenstuebli.ch)). Allegedly one of the city's finest, it's made with two different kinds of Swiss cheese.

Rather than using grape or spirits, they do a hops fondue in Restaurant Linde ([linde-basel.ch](http://linde-basel.ch)) – unsurprising as it is owned by the Ueli brewery next door ([uelibier.ch](http://uelibier.ch)). I'm shown round the ancient building in Kleinbasel ('lesser Basel'), the former artisan and red-light district on the Rhine's other bank, now a magnet for cool, urban Baselers. There's a hidden garden, a basement crammed with the machinery of production and the art-rammed Fischerstube restaurant. The hops is fresh-brewed daily: I try everything, from their sprightly lager to a fragrant wheat hops and an almost Guinness-dark brew with notes of toffee. I'm not usually a hops fan but I'm completely sold.

My hotel, the lovely Krafft ([krafftbasel.ch](http://krafftbasel.ch)), is on the same street, the bar and restaurant-lined Rheingasse, and I never get tired of the view over the Rhine from my room. The hotel's restaurant has the same tranquil views, too, the perfect spot to kick-off the day over pretzel rolls, homemade jams and – sure, why not? – more Swiss cheese. The hotel also runs the Consum grape bar ([consumbasel.ch](http://consumbasel.ch)) across the road: tempting for nightcaps, charcuterie and a devastating selection of cheeses. Life here spills deliciously onto the streets and the banks of the river, so clean it bobs with swimmers when the sun comes out.

So far, so Swiss: cheese, beer, rösti, sausages. What's missing? Chocolate, obviously. Off to Confiserie Schiesser ([confiserie-schiesser.ch](http://confiserie-schiesser.ch)) for the city's famous leckerli, a spiced almond and honey biscuit, and all manner of fine chocolates made on-site. Upstairs, in the tearoom, Baseler ladies sip bubbly and eat creamy mushroom vol-au-vents with garden peas: bliss.

## STREET FOOD & WORLD FLAVOURS

Enough of indulging my fetish for the past: time for a blast of modernity. And it doesn't come more contemporary than the vibes at the newly-revived Markthalle ([markthalle-basel.ch](http://markthalle-basel.ch)). A mix of streetfooders, bars and permanent outlets where the foods of seemingly every country in the world are represented – it's unmissable. I toy with the idea of arepas, fish and chips, Ethiopian injera, sushi or (of course) burgers; food from Abyssinia or the Persian Gulf or Argentina. But I go Kurdish. Why not? It's splendid, a kind of spiced lamb, blistered dough pide studded with peppers, nigella seeds and chilli.

Wherever I wander, I find charm and friendliness: I look round the Teufelhof Hotel ([teufelhof.com](http://teufelhof.com)) with owner Raphael Wyniger, which boasts constantly changing artist-designed



rooms, destination restaurants and a wine store flanked by the ancient city walls. I walk along the river to the hotel's new outpost, Ufer 7 ([facebook.com/ufer7/](https://facebook.com/ufer7/)), for a hip approach to Swiss cuisine: fresh fish, salads of sausage and cheese (my kind of salad), crispy Swiss chicken wings and hand-cut chips, in a river-facing location just by the Mittler Brücke (middle bridge).

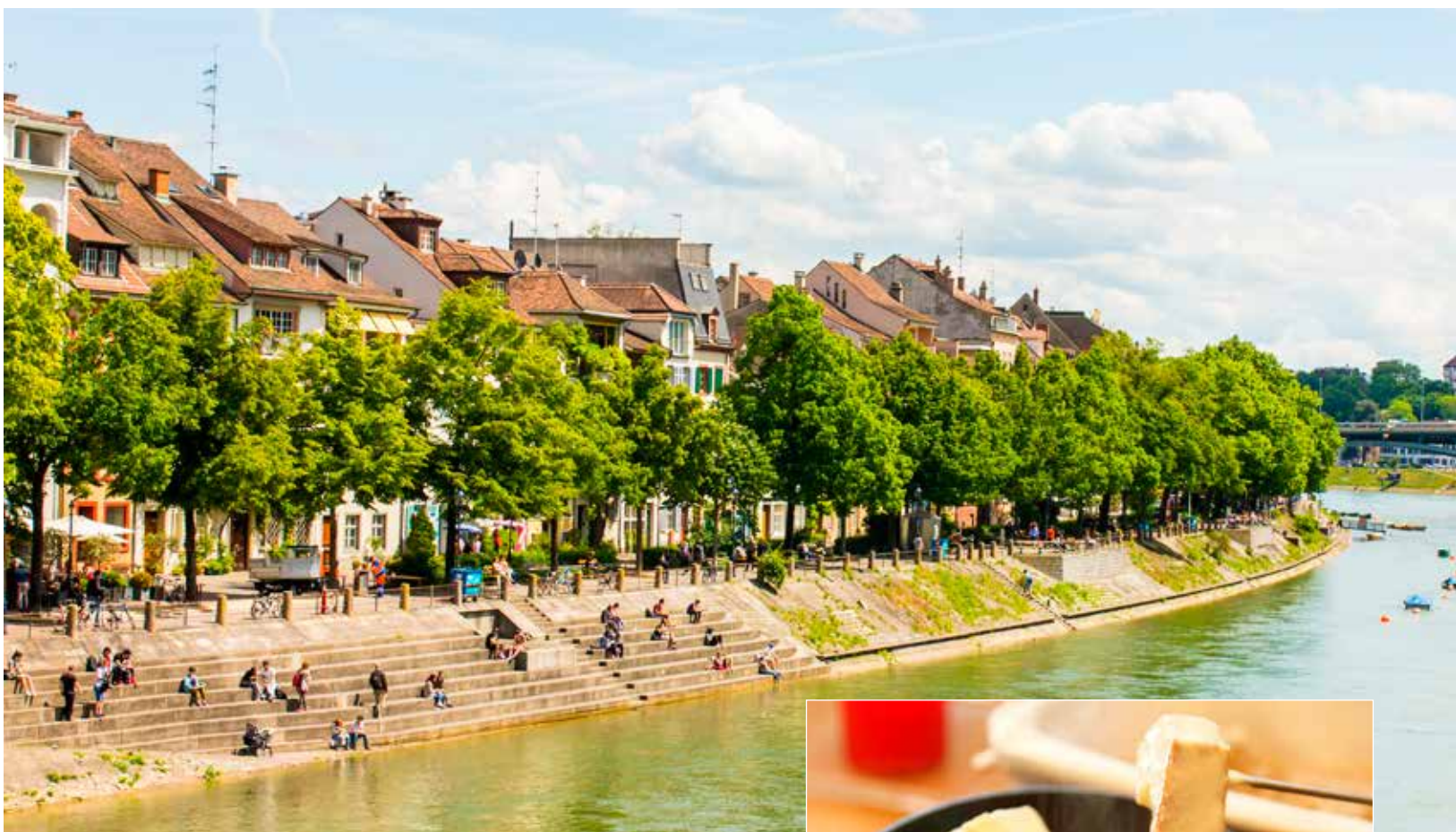
I have nightcaps in the super-posh Les Trois Rois Hotel ([lestroisrois.com](http://lestroisrois.com)); coffees and kirsch macarons in cafés, from the classic (Confiserie Bachmann; [confiserie.ch](http://confiserie.ch)), to the cool (almost anywhere on the Feldbergstrasse or Klybeckstrasse in Kleinbasel). I'm officially too old for the ravey scene that has sprung up around the old railroad tracks of grungey Uferstrasse, but none of its handsome, bearded and tattooed denizens is anything other than welcoming when I stop for a hops and contemplation of the river.

## I SPEND HOURS WALKING AROUND, SO I FEEL JUSTIFIED IN EATING VATS OF BUBBLING FONDUE

### TALES FROM THE RIVER

But it's hard to drag myself away from Kleinbasel, where life is a little less predictable than across the river. I'm avoiding the high-end Michelin suspects, the likes of multi-starred Cheval Blanc or local hero Tanya Graditz's 'edgy' Stucki. Here in Kleinbasel there are cute little Thais, like Boo ([boobasel.ch](http://boobasel.ch)), and quirky handmade pasta restaurants such as the delicious Gabri's ([gabrispasta.ch](http://gabrispasta.ch)). More upscale is Volkshaus ([volkshaus-basel.ch](http://volkshaus-basel.ch)), a striking cultural centre, hops garden and restaurant. Here, Chef Benjamin Mohr mixes up the classical (a luscious Swiss meatloaf with morels and buttery mashed potato) with the edgy (pig carré with chickpea cream). Sometimes the edgy





doesn't quite come off: red pepper and bubbly cocktail, anyone? But it's a fascinating reflection of real life in Basel, multicultural and sophisticated.

Locals and TripGourmet bloggers Sarah and Tom ([tripgourmets.com](http://tripgourmets.com)) introduce me to the Kaserne ([kaserne-basel.ch](http://kaserne-basel.ch)), a repurposed barracks behind the river where Basel comes to play and picnic in the sunshine. Inside, Post Cuchis, an almost-restaurant made from doors and windows, has different chefs nightly, offering food from Syria or Laos or simply hefty Swiss sausages. If I lived in Basel, I'd basically just live here.

But the most interesting meal I have during my visit is at the newish Roter Bären ([roterbaeren.ch](http://roterbaeren.ch)). This would appear to be the first restaurant in Basel to get into the 'small plates' trend, and chef Roger von Büren does it with creative aplomb, serving guinea fowl with rösti, charred baby cos, anchovies and parmesan, like a celestial Caesar salad. My guest isn't quite as up-to-speed with contemporary cooking tropes as I am, and marvels at the scallop and cauliflower dish: 'but it's all raw!'

Scratch Basel's occasionally bourgeois surface and there are adventures to be found. Although I like its bourgeois side, too.



## LIFE HERE SPILLS DELICIOUSLY ONTO THE STREETS AND RIVERBANK

Wood panelling and art, rösti and fondue: riches for everyone.

● Assistance for this trip was provided by Basel Tourism ([basel.com](http://basel.com)) and easyJet ([easyjet.com](http://easyjet.com)).







# NEW ZEALAND'S FINEST

Last month, six professional chefs from kitchens across the UAE went head to head in a mystery box cook-off in the JLT-based SCAFA kitchen, to be in with a chance of taking home the title 'Taste New Zealand Chef of the Year 2017' and a gourmet trip to New Zealand





## THE FINAL



Throughout the year, thirty professional chefs from restaurants and hotels across the UAE headed to SCAFA (School of Culinary and Finishing Arts) in JLT, to battle it out in three live cooking heats – seafood, meat and poultry – for the Taste New Zealand's Chef of the Year Competition 2017.

Across the three heats, two chefs were selected as winners from each round, and welcomed back to the heated final last month.

In the final, the six finalists went head to head in a 'mystery box' event that challenged chefs with preparing three delicious canapes each, plus a main meal using a minimum of three ingredients from a secret basket comprising premium ingredients from New Zealand.

The judging panel for the final comprised industry leaders including Reif Othman from Play Restaurant & Lounge and The Experience

by Reif Othman, Martin Cahill from DUKES Dubai, and *BBC Good Food Middle East's* editor, Sophie McCarrick.

After a heated cook-off, a winner was selected by the judges, but will be kept secret until the victor is crowned as Taste New Zealand 2017 champion at The Pro Chef Middle East Awards on November 6, 2017 during a glittering gala dinner at The Habtoor Grande Resort & Spa. The prize? A once in a lifetime return trip to New Zealand to experience the best of New Zealand's food and beverage first hand.

*BBC Good Food Middle East would like to thank all 30 chefs who participated in the Taste New Zealand Competition this year! We wish all six finalists the best of luck and look forward to revealing who the winner is in November!*

### FINALISTS



**Mohamed Khalil**  
Anantara, The Palm  
Dubai Resort



**Joseph Madurawala**  
Lapita Hotel, Dubai Parks and  
Resorts, Autograph Collection



**Marwan Sardouk**  
Bin Hendi Enterprise



**Bonny Gomes**  
Jumeirah Beach Hotel



**Salvador Carrillo**  
Le Royal Meridien Beach  
Resort & Spa



**James Knight-Pacheco**  
Vida Downtown Dubai

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## TEAM BUILDING THROUGH THE ART OF COOKING

SCAFA, Dubai's School of Culinary And Finishing Arts is a full-service culinary arts training institute offering the complete spectrum of culinary arts courses and other F'n'B services.

In addition to the culinary programmes, SCAFA has been successfully organizing and running team bonding events for groups and corporates. For 5 years, we've guaranteed and delivered big fun, real results and hundreds of cooking team building activities.

Our corporate activities are all tailored to your team's individual needs, whether at our fabulous kitchen facility in JLT or at an outside location, for groups of 4-200 colleagues!

More than just a cooking class or school, this is a fun team building activity that will be remembered for years.

For reservations of group booking rates contact us at [info@scafa.ae](mailto:info@scafa.ae) or call us at 04-3794044.







# test kitchen

Expert advice from Barney Desmazery  
to help you become a better cook



## The ultimate macaroni cheese

Even the most classic of recipes can have many hotly debated and contested versions, open to interpretation by every cook that makes it. In this new series, we look at our top-rated comfort-food classics, re-evaluate and reinvigorate them and show you how to make a new version that will become your favourite – trust us! This month, we tackle macaroni cheese. Turn over to find out how.

gf



## Essential kit: Homemade ice cream

Frozen assets from ice cream man Richard Makin.



## On test: Portable barbecues

For a moveable summer feast.



## How to eat: Mussels

Your step-by-step guide





TEST KITCHEN

# THE ULTIMATE MACARONI CHEESE

SERVES 8-10 PREP 20 mins  
COOK 35 mins EASY V

photographs PETER CASSIDY

**What:** Whether you know it as macaroni cheese or mac 'n' cheese, the granddaddy of pasta bakes comes in many incarnations, from the classic, simple family supper to being used as a canvas for added extras, from lobster to beef.

**How:** To give it universal appeal, we've steered away from adding pungent cheeses, but made it extra savoury with some clever seasonings that enhance the flavour of the cheese. We've made the recipe extra indulgent by increasing the amount of cheese used, and for the sauce-to-pasta ratio we've gone with an amount that's saucy but still holds its shape when scooped from the dish.

## You will need

500g small elbow macaroni  
80g butter, plus extra for  
tossing through the pasta  
3 tbsp plain flour  
600ml whole milk  
170g can evaporated milk  
700g extra mature cheddar,  
500g coarsely grated,  
200g chopped into small chunks

1 tbsp mustard powder  
large pinch cayenne pepper  
1 tbsp marmite  
splash of malt, cider or red  
wine vinegar  
50g each grated parmesan  
(or vegetarian alternative),  
fresh white breadcrumbs  
and panko breadcrumbs



## MUSTARD

We've used English mustard powder to add extra peppery heat, but a spoonful of Dijon mustard would work just as well.



## BROWNING THE BUTTER

Browning the butter for the sauce adds a nutty flavour to the classic cheese sauce.

## THE RIGHT DISH

A 28cm round or 22 x 32cm ovenproof dish is ideal. You want the crumb to be just above the top of the dish to ensure it browns well.



## CHEESE

Rather than throwing in the whole cheeseboard, to keep the flavours clear we've just gone with extra mature cheddar and parmesan, which acts as a salty cheese seasoning. As well as grated cheddar, we've added chunks, to give melted, cheesy pockets.





## BREADCRUMBS

We've used two types of breadcrumbs, as they do different jobs. The fresh are there to soak up the oil from the cheese, and the panko guarantee crunch.

## VINEGAR

We've added some acidity in the form of a splash of vinegar. Its sharpness cuts through the richness of the dish and it also acts as a seasoning.

## MARMITE

Marmite is like a flavour bomb and using it cranks up the umami (savouriness) of the dish.

## EVAPORATED MILK

This adds a sheen and richness to the sauce but without making it taste overly creamy.

## PASTA

For the best ratio of sauce to pasta, we've used elbow macaroni. You can use another shape, but that turns it into just a pasta bake.

## GET AHEAD

The dish can be made up to three days in advance and then baked straight from the fridge. If baking from chilled, add 10 mins to the cooking time.

## How to make it

**1** Heat oven to 220C/200C fan/gas 8. Cook the macaroni in salted water for 2 mins less than the stated cooking time, so it still has plenty of bite. Drain well and toss with a small knob of the butter to stop it from sticking together.

**2** In a heavy-bottomed saucepan, heat the remaining butter until frothy and nut-brown. Pour off 1 tbsp into a small bowl and place the pan back on the heat, then scatter over and whisk in the flour and cook for 3 mins until you have a sandy paste. Add the milk, a splash at a time, simmering and whisking until smooth between each addition. Once all the milk has been added, drizzle in the evaporated milk, then add the grated cheddar, a handful at a time, until you have a thick, cheesy sauce. Stir through the mustard powder, cayenne, marmite and vinegar and taste for seasoning, adding salt and pepper as needed.

**3** Remove from heat, stir in the macaroni, then stir through the chunks of cheese. ☺ Tip the contents of the saucepan into a large, buttered baking dish. In a small bowl, mix together all the breadcrumbs, the parmesan, another small pinch cayenne and some crunchy sea salt if you want. Scatter the crumbs over the macaroni, drizzle with the reserved brown butter and bake for 30-35 mins until lightly browned, crunchy all over and bubbling around the edges. Leave to stand for 10 mins before serving straight from the dish.

**GOOD TO KNOW** calcium V  
**PER SERVING (10)** energy 679 kJ • fat 38g •  
saturates 23g • carbs 51g • sugars 6g • fibre 3g •  
protein 31g • salt 2.0g

## Why we didn't add

### ONION

Cheese and onion is a classic flavour combo, but we found that onion overpowered the mac and cheese, and also meant it couldn't be made as far in advance.

### BEEF BACON

We know all cheese isn't vegetarian, but we also know there are lots of vegetarians who are happy to eat cheese, so we've kept it meat-free.

### TOMATOES

They release their juices as they cook, which dilutes the sauce and stops the top becoming crunchy.





ESSENTIAL KIT

# ICE CREAM MAKING AT HOME

*On hot summer days, there's nothing better than homemade ice cream. We asked Richard Makin, founder of Blu Top Ice Cream, what's needed to make it at home.*

1

## GREAT DAIRY

Always use whole milk and double cream. Look for dairy with a naturally high protein content – Guernsey and Jersey are top notch.

2

## A GOOD ICE CREAM MACHINE

When it comes to churning ice cream, a hefty price tag doesn't always equal great ice cream.

Our favourite counter-top machine is from Buffalo – it's robust, reliable and about half the price of the big domestic brands. Buffalo 1.5-litre ice cream maker, Dhs900, [nisbets.co.uk](http://nisbets.co.uk).

3

## PROPER VANILLA

The price of Madagascan vanilla pods has risen by 500% in the last two years, so now may be a good time to experiment with other countries of origin. We use Mexican vanilla, which has a much more complex flavour.

4

## A GOOD THERMOMETER

We always recommend using a probe thermometer if you're pasteurising your own ice cream base. It eliminates all the guesswork and ensures your ice cream is safe to serve. Hygiplas Multipurpose stem thermometer, Dhs80, [nisbets.co.uk](http://nisbets.co.uk).

5

## A PROPER SCOOP

Serving ice cream with a substandard scoop is like chopping tomatoes with a blunt knife: frustrating and messy! Forget gimmicky models with rubber handles or ejector buttons, and stick to the classics. We use the US brand Zeroll, which is filled with a conductive liquid that helps it retain heat from your hand. Zeroll Original ice cream scoop, Dhs100, [zeroll.com](http://zeroll.com).

## HOW TO EAT MUSSELS

Our mess-free guide to eating this delicious summer seafood



**1** Pick up the first mussel, using the shape of the shell to scoop up some of the juices. Prise the shell open and slurp the mussel and juice straight from the shell.



**2** Using the now-empty shell as tweezers, pinch the remaining mussels from their shells, eating them one by one.



**3** Have a separate bowl for the empty shells, or serve in a deep bowl and arrange them around the lip as you go.



**4** Contrary to popular belief, if a cooked mussel hasn't opened, it means either that it's full of grit or that it's the freshest of the bunch. Twisting it open with both hands, away from the rest, will reveal which seafood surprise awaits.



CHEF HIMANSHU

CHEF FRANCESCO

CHEF MAURIZIO

CHEF JIEGO

# CHEF OF THE YEAR 2017

The chefs will go head-to-head in a mystery box cooking challenge at The Emirates Academy of Hospitality Management on October 22, 2017 in the hope of being crowned BBC Good Food ME Chef of the Year.

[bbcgoodfoodme.com/awards/2017](http://bbcgoodfoodme.com/awards/2017)

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ON TEST

## THREE OF THE BEST PORTABLE BARBECUES

*We rate the latest kitchen kit each month  
– find more reviews at [bbcgoodfood.com](http://bbcgoodfood.com)*



1

### 1 BEST BLOWOUT BARBIE

**Cobb® Premier charcoal grill**  
Dhs551, [cob-bbq.co.uk](http://cob-bbq.co.uk).

This is one serious piece of al fresco kit – not only does it barbecue food, it's also suitable for smoking, roasting and pizza-making. The design is sleek and futuristic, bordering on UFO-like, it requires minimal charcoal and the Teflon cooking plate is really easy to clean. It's worth pointing out that as it doesn't have traditional griddle grooves, our sausages rolled around and got a bit unruly. The padded shoulder bag is a welcome touch if you might have a long walk to the beach or park.

### 2 BEST FOR IMPATIENT COOKS

**Lotus Standard Grill**  
Dhs729, [tavolashop.com](http://tavolashop.com)

If the worst part of barbecuing is waiting for your food, then this is the one for you. The LotusGrill has an inbuilt fan, which gets the charcoal up to temperature in around five minutes. Compared with other charcoal barbecues, we



2

couldn't believe the ease with which you could cook – no need to coax the coals, you simply fire up and expect good heat for over half an hour. The charcoal is in an enclosed container and with a fan going, you don't get much in the way of charcoal flavour. But the efficiency and generous cooking area – it cooks enough for 4-5 people – easily make up for this.

### 3 BEST FOR LONGEVITY STAR BUY

**Weber Smokey Joe Premium**  
Dhs350, [weber.com](http://weber.com)

Weber doesn't just do barbecues – it does epic, Tony Soprano-friendly contraptions the size of small sheds. For those of us without acres of lawn, it also makes this neat, dinky Smokey Joe dome. This is classic American barbecue design at its finest. The porcelain-enamelled material is deceptively lightweight and extremely durable, and there's a handy lid that clips onto the side for protection against the wind. Plus it's a doddle to clean, and durable: we left ours outside, uncovered, for an entire winter and it barely diminished, despite considerable pummelling from the British weather.



3

#### WHAT WE LOOKED FOR

#### HOW EASY IT IS TO PUT TOGETHER

Convenience is key here. We looked for models that can be assembled in minutes.

#### PORTABILITY AND STORAGE

How easily the barbecue can be carried and how heavy it is, plus how well it can be stored in the long term.

#### DESIGN

We're suckers for nifty aesthetic flashes.

#### HOW QUICKLY IT COOLS DOWN

Because we don't want to be trapped in the park, sat around burning cinders until dawn.

#### DURABILITY AND ACCESSORIES

The quality of the metal and whether it comes with added extras.



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**1 of 10  
Vouchers worth  
Dhs1,000 for new  
Liali product line;  
Charmsday.**



**CHARMSDAY**

Liali Jewellery's new venture is here to give women a stylish way to display the momentous occasions in their lives, celebrate their interests and make a keepsake of their memories.

Targeted toward the stylish, well-travelled woman, every piece at CharmsDay has been crafted from 92.5% silver to ensure quality and intricacy in the designs.

The handiwork of passionate designers who have brought to life the memories and emotions of different women, each charm is a tribute to your likes and loves. String them together to write your personalized story.

Confused what charms to string together? Don't worry, CharmsDay has that covered too with the 'Ready-to-Wear' collection. Specially curated by the expert stylists at CharmsDay, this collection features fully-loaded bracelets, styled by different themes such as 'Netflix & Chill', 'Monochrome Classic', 'Under the Sea' and more.

The prize draw for one of 10 vouchers for Liali's sterling silver CharmsDay line will be made at the end of October 2017. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. T&C apply.

Log on to [bbcgoodfoodme.com](http://bbcgoodfoodme.com) to enter this competition and simply answer this question:  
**Which jewellery store is CharmsDay sold at?**

\*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.





**WIN!**

**A 1-night stay for 2 people at Southern Sun Abu Dhabi worth Dhs4,000!**

## Win a one-night stay at Southern Sun Abu Dhabi for two people in a one-bedroom suite with breakfast and 'Raising the Steaks Bubbly Brunch' package with after-party at Blu Sky including house beverage package

Offering breath-taking views of the Corniche and the capital's skyline, Southern Sun Abu Dhabi is the latest addition to the Tsogo Sun hotel portfolio, bringing deluxe hospitality to a prime location in Abu Dhabi's business district. The hotel's 353 rooms offer every comfort and amenity required for a successful business trip or holiday, along with superb leisure facilities including a reflection pond, roof-top gym and buzzing dining destinations, all accompanied with the warm and welcoming service synonymous with Southern Sun.

Southern Sun Abu Dhabi introduces a spectacular selection of restaurants, lounges and bars in Abu Dhabi. These include Hytes, Balcon Lounge & Terrace, Filaments, Kahraman, Blu Sky Lounge & Grill and The Foundry.

Here, guests will be able to enjoy a wide range of breakfast, lunch and dinner options, as well as light meals, snacks and refreshments.

Room service is available for guests of Southern Sun Abu Dhabi who prefer to dine in the comfort and privacy of their rooms, with a wide range of menu items offered through in-room dining.

Group bookings for special occasions, celebrations, business meetings, corporate lunches and private dinners can also be arranged, with a variety of dining options to suit almost every mood, taste and preference.

For more information about the hotel, visit [tsogosun.com/southern-sun-abu-dhabi](http://tsogosun.com/southern-sun-abu-dhabi).

**The prize draw for a one-night stay at Southern Sun Abu Dhabi for two people will be made at the end of October 2017. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability.**

**Log on to [bbcgoodfoodme.com](http://bbcgoodfoodme.com)**

**to enter this competition and simply answer this question:**

**How many rooms does Southern Sun Abu Dhabi have?**

**SCAN THIS QR CODE  
TO GO STRAIGHT TO  
OUR WEBSITE.**



\*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.





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WIN!

**A 1-night stay at  
Tilal Liwa Hotel,  
worth Dhs5,283!**

## Win a one-night stay in a luxurious Executive Suite inclusive of buffet breakfast, lunch and dinner, at Tilal Liwa Hotel.

A distinctive destination, Tilal Liwa Hotel brings the best of Arabic traditions and culture to life. The hotel is located on the edge of the Rub Al Khali (The Empty Quarter, the largest uninterrupted sand desert in the world) in the sands of Liwa amid rolling sand dunes and an unspoiled desert landscape. Built in traditional style, it is an elegant retreat for those seeking a unique desert experience and the true spirit of Arabia. Imagine awakening in sumptuously appointed room or suite accommodation with breathtaking views of some of the highest dunes in the world.

Immerse yourself in an authentically Arabian "Oasis of Hospitality," where tantalising restaurants, a sparkling

outdoor pool, and a full range of luxury amenities offer lush accompaniment to the surrounding desert beauty. Whether you are embarking on an exhilarating desert safari, quad biking, discovering the traditional sights of Al Gharbia, or simply escaping to solitude for a few days, the captivating four-star UAE hotel resort guarantees an unforgettable experience. Tilal Liwa Hotel is managed by Danat Hotels & Resorts, a division of National Corporation for Tourism & Hotels. This acclaimed destination is a cherished secret among 4-star United Arab Emirates hotels.

**The prize draw for a one-night stay at Tilal Liwa Hotel will be made at the end of October 2017. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability.**

**Log on to [bbcgoodfoodme.com](http://bbcgoodfoodme.com)**

to enter this competition and simply answer this question:

**Where is Tilal Liwa Hotel located?**

**SCAN THIS QR CODE  
TO GO STRAIGHT TO  
OUR WEBSITE.**



\*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.



# COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.

This month we have a record number of competitions to enter!



## WIN!

**A MULTIFRY MULTICOOKER EXTRA CHEF PLUS, WORTH DHS1,299!**

De'Longhi has released a new revolutionary cooking appliance as part of the Multifry Multicooker family: the Multifry Multicooker Extra Chef Plus. The new model comes with an extra cooking function, the grill, and three extra cooking accessories: a bowl without paddle for static cooking, a bowl with paddle for stirring food while cooking and a stainless steel grill. De'Longhi Multifry Multicooker – whose range now includes five different models – is the ideal kitchen helper that allows you to cook, fry, grill and bake without any of the hassle. The Multifry is equipped with an automatic mixing paddle: so you can do something else while the machine cooks and gently mixes for you. This is ideal to prepare stews, risottos, sauces, ragouts, couscous and ratatouille. You can also remove the mixing paddle and opt for static cooking to prepare meat and fish fillets or bake pizzas, cakes, quiches.



## WIN!

**A STAYCATION AT CENTRO BARSHA FOR TWO WITH BREAKFAST AND THEMED DINNER AT C.TASTE, WORTH AED1,540!**

Conveniently located 500m from the Mall of the Emirates and Metro, the business districts of Media City, Internet City, Jebel Ali and the commercial areas of Sheikh Zayed Road and Dubai Financial Centre, Centro Barsha, Dubai, combines style, warmth and convenience with a dash of creativity to deliver an experience that is like no other. For dining experiences, c.taste, the tasty and tasteful all-day dining restaurant, serves an eclectic mix of the most popular dishes from around the world in a setting that is comfortable, lively and perfect for sampling a tempting selection of culinary delights, any time of day.



## WIN!

**A FRIDAY BRUNCH VOUCHER FOR TWO AT RÜYA DUBAI, WORTH DHS990!**

Experience an unforgettable culinary journey and explore the true tastes of Anatolia with the Friday brunch at Rüya. The brunch offers guests the chance to sample through the entire menu with classic Anatolian cuisine, combined with perfectly prepared beverages and live music for the whole family to enjoy. An interactive menu designed by Executive Chef Colin Clague entails multiple live food stations showcasing cold starters and desserts, whilst hot appetizers and main dishes will be served directly to the table.



## WIN!

**A 1-NIGHT STAY AT ALOFT AL AIN FOR 2 PERSONS WITH BREAKFAST AT OLIVE TREE AND 'EAT, SIP, SWIM & REPEAT' BRUNCH AT THE ROOFTOP, WORTH OVER DHS500!**

Recently launched designed hotel, Aloft Al Ain offers 175 loft-like guest rooms and suites with ultra-comfortable plush platform beds, large walk-in showers and complimentary Bliss amenities. Part of

the Marriott International, the new hotel also boasts four food and beverage options including Refuel - a 24 hour Grab & Go snack bar, the brand's signature W XYZ bar, Olive Tree, an international all day dining restaurant and The Rooftop - Al Ain's first lounge with stunning views of the majestic Jebel Hafeet mountain. The hotel also offers a 24 hour re:charge fitness center and an outdoor rooftop Splash pool.



## WIN!

**A STYLISH AFTERNOON TEA FOR 4 AT ASPEN BY KEMPINSKI, WORTH DHS600!**

Treat your friends to stylish Afternoon Tea at Aspen by Kempinski, the chic lobby restaurant at Kempinski Hotel Mall of the Emirates. Afternoon Tea at Aspen by Kempinski offers an array of different types of tea or coffee,

with a tasty selection of fresh finger sandwiches, scones and cakes. Up to four guests can enjoy this prize, which is served daily from 3 to 6pm.



## WIN!

**A VOUCHER TO SPEND AT ATISUTO JAPANESE RESTAURANT, WORTH DHS500!**

Atisuto, Dubai's very own Japanese restaurant group, is now at the Persia Court in Ibn Battuta Mall on Sheikh Zayed Road, offering the most authentic dishes created fresh daily by master chefs from Japan, including sushi, sashimi, yakitori, udon and ramen. You can win a voucher worth Dhs500 to dine at the Ibn Battuta outlet, or the other outlets around town - in the Galleria Mall on Al Wasl Road, Jumeirah; on Bay Square in Business Bay; or on the foodie lane behind Al Ghurair Centre in Deira, all with the ambience of a typically bustling Tokyo eatery. Atisuto, which means 'Artistry' in Japanese, is based on the back-alley sushi restaurants found in Japan's big cities, where the bustle of city life and creativity of the cuisine combine, giving a truly sensational experience!





## WIN!

### AN AUTHENTIC FRENCH DINNER AT BISTRO DES ARTS, WORTH DHS500!

Bistro Des Arts, a traditional French Bistro situated on the magnificent Dubai Marina waterfront, carries passion on French "terroir" cuisine and authentic family recipes. A weekly menu with daily rotating specials, referred to as the Plats Du Jour Menu is offered as well as an in-house fish counter and raw bar

showcasing the freshest daily catches. Seated under a vibrant red French awning, the terrace is a picturesque spot for friends to enjoy un petit peu of Parisian indulgence, at the first licensed eatery on the Dubai Marina Promenade.



## WIN!

### A DINING VOUCHER FOR CERTO ITALIAN RESTAURANT, WORTH DHS500!

In Certo you can indulge in the authentic tastes of Italy. Following the real Italian way, the furniture is designed for your comfort, whether you are looking for an aperitif in the lounge, a relaxing atmosphere to enjoy lunch with your colleagues and friends or a dinner that brings you back to Italy. Experience the

quintessential taste of homemade Italian recipes of Chef Dario at Certo. No matter what your heart desires, traditional pasta, tasty risotto or meat entrées, you'll feel as if you were in the heart of Italy. The Italian team Restaurant Manager Fabrizio, Chef Antonio, Chef Dario and F&B Manager Angela all come from different regions and will ensure that you experience proper Italian hospitality while dining at Certo.



## WIN!

### DINNER AND DRINKS FOR TWO AT DXB GRILL, WORTH DHS500!

DXB Grill is a steak and seafood restaurant with variety of cooking methods including signature tandoor oven, plus sword and skewers service methods. The outlet offers high-quality steak, grilled meat, seafood, tandoori selection expertly prepared and served to diners in a relaxing ambience and comfort of the brand-new restaurant.



## WIN!

### A SET LUNCH MENU AND AFTERNOON TEA FOR 2 AT EAT WELL RESTAURANT, WORTH DHS660!

Eat Well is Dubai's very first lifestyle restaurant serving everything healthy! Every dish is gluten-free and sugar-free, with options for Paleo, Vegetarian and Vegan. All ingredients are organic and are prepared in a way that locks in flavour and nutrients.



## WIN!

### DINNER FOR 2 INCLUDING BEVERAGES AT VIVA LOS MONDAYS, EL SUR, WORTH DHS500!

Viva Los Mondays, the newest Monday night event to hit El Sur where diners can indulge in unlimited Spanish tapas and traditional drinks (from 7- 9.30pm) in a taverna style atmosphere. Dishes include Shrimp & Hake Croquettes, Padrón Peppers, Iberian Charcuterie, Gazpacho and the show stopping Seafood Paella. Don't forget

the authentic Porron experience and challenge your friends to the ultimate Porron pour!



## WIN!

### AN ENCAS GOURMET VEGAN, SWEET TREATS HAMPER, WORTH DHS505!

Win two large assortment boxes of the Carrés "From Dubai with Love" collection and three gourmet spread jars. Too often clean eating is associated with average taste and an unfulfilling experience. At ENCAS the team love creating exotic flavours & original recipes and never compromise on taste. The focus is on the quality of ingredients.

ENCAS raw products are vegan, paleo friendly and free from gluten, dairy, and refined sugar. Their preparatory methods limit transformation to preserve the unique nutritional value of the products.



To stand a chance to win these prizes, visit our competitions page on [www.bbcbgoodfoodme.com](http://www.bbcbgoodfoodme.com), or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

\*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.





## WIN!

### A GIFT BAG OF GOODIES FROM HAPPY JACKSON, WORTH DHS500!

Happy Jackson has grown into something everyone can enjoy. With its bright colours, fun patterns and positively quirky phrases, Happy Jackson is sure to bring a smile to anyone's face. From homewares and stationery to gifts and travel accessories, there's something for everyone with Happy Jackson.



## WIN!

### A BRUNCH FOR A FAMILY OF 4 AT KHAYAL, MARRIOTT HOTEL AL FORSAN, ABU DHABI, WORTH DHS548!

It's the one you've been waiting for - the doors have officially opened for Friday brunch at the cosmopolitan Khayal Restaurant, Marriott Hotel Al Forsan, Abu Dhabi. Each and every Friday between 12.30pm and 4.00pm guests can enjoy an afternoon of fun and feasts at the brand-new brunch in

the heart of Khalifa City A. Brunch Live features an extensive open plan kitchen where brunchers will be spoilt for choice with a variety of dishes bursting with flavour from the far corners of the world. With 15 cooking station, six of them being live and interactive, packed with dishes that will excite your taste buds.



## WIN!

### BRUNCH FOR TWO AT LE CHALET, HILTON AL HAMRA BEACH & GOLF RESORT, RAS AL KHAIMAH, WORTH DHS570!

A beachfront location overlooking the Arabian sea and Hajar Mountains- Le Chalet offers a lazy lunch of fresh fish and grilled meat selections. With your toes in the sand and a cocktail in hand, guests can indulge in unlimited BBQ dishes and free flowing drinks from 12.30- 3.30pm every Friday.



## WIN!

### AN INTERNATIONAL LUNCH BUFFET WITH SOFT DRINKS FOR 4 PERSONS AT LEMON PEPPER RESTAURANT, M HOTEL DOWNTOWN BY MILLENNIUM, WORTH DHS560!

Located at M Hotel Downtown by Millennium, Lemon Pepper has a chic and cozy ambience where guests can experience freshly prepared international buffet in an all-day dining setting enriched with local and oriental flavours.



## WIN!

### A GIFT BAG FROM COCOLUX AUSTRALIA - THE NEWEST CANDLE BRAND IN TOWN, WORTH DHS500!

Brighten up your home and lift your mood with Cocolux: Luxury home fragrances infused in coconut wax.



## WIN!

### A RELAXING AFTERNOON TEA AND SPA PACKAGE AT SOFTEL THE PALM, WORTH DHS599!

Sofitel The Palm, Dubai's as SoSPA, believes good things comes in pairs, and has created a spa and afternoon tea package designed to be shared. The hotel invites guests to relax in complete tranquility and indulgence at the five-star resort. Available daily, the package allows friends or couples to enjoy a So Exhilarating Massage, which is a soothing treatment with aromatic

lavender oil that uses signature techniques to release tension and stress, relaxing the body and mind.





## WIN!

**A VOUCHER TO DINE AT TRUMP INTERNATIONAL GOLF CLUB'S NEW ITALIAN RESTAURANT FIFTH AVENUE, WORTH DHS500!**

Win a voucher worth Dhs500 to spend at the recently opened Fifth Avenue at Trump International Golf Club, Dubai. Fine Italian fare meets 1920s Manhattan glamour at Fifth Avenue, where exquisite cuisine is paired with impeccable service and dazzling interiors. Overseen by Executive Chef, Fernando Galbiati, the menu celebrates the glories of simple, honest Italian cuisine, taking guests on a visually stunning journey with beautifully crafted dishes that burst with fresh Mediterranean flavours.



## WIN!

**AN EXCITING DINNER FOR 2 AT ESTRELLAS ROOFTOP LOUNGE, MELIÁ DUBAI WORTH, WORTH DHS500!**

Meliá Hotel's al fresco Estrellas Rooftop Lounge impresses greatly with its uninterrupted views of Sheikh Zayed Road's striking silhouette and the record-breaking Burj Khalifa. Estrellas Rooftop Lounge really comes into its own when the sun goes down and the city's lights go up. The glittering Dubai backdrop is the real star of the lounge's aesthetic. Excellent service, noteworthy drinks and a stunning view make for a pretty decent evening in this town. Whatever you are in search of; be it breathtaking views of Dubai, the perfect social setting, or culinary expertise to delight your palate, we ensure that you are the most important part of the journey on your visit to Estrellas Rooftop Lounge.



## WIN!

**ENJOY AN AUTHENTIC ALPINE BRUNCH IN PUBLIQUE SOUK MADINAT FOR 2 WITH HOUSE BEVERAGES, WORTH DHS500!**

Publique brings you the Alpine Brunch, an après ski-themed brunch in the heart of Dubai. Every Friday from 12.30pm - 3.30pm, take a high-altitude taste tour. With a buffet that delivers nothing but authenticity, from its specially

crafted cocktails such as the Winter Moonshine, the Avalanche, and Sweet Chamonix, to its Pierrade hot stone cooking or Raclette cheese fondue - where guests can melt their cravings away.



## WIN!

**A MEZZE SET MENU FOR 2 AT MARJAN RESTAURANT, WALDORF ASTORIA RAS AL KHAIMAH, WORTH DHS800.**

Marjan is an eclectic fusion of traditional and quirky modern interiors and the finest Middle Eastern Cuisine. With divine menus and art pieces created by Sasan Nasernia, this restaurant is truly a joy for all the senses. Winners can enjoy the Dahab menu, an eclectic mix of cold and hot mezze, delicious shish Taouk and delectable desserts for two people. Soft drinks throughout the dining experience are also included.



## WIN!

**A DAY OUT WITH LUNCH AT LE MERIDIEN AL AQAH BEACH RESORT, WORTH DHS500!**

For Le Meridien Al Aqah's 15th birthday treat for you and your loved one to a day out plus lunch by the beach.



To stand a chance to win these prizes, visit our competitions page on [www.bbcbgoodfoodme.com](http://www.bbcbgoodfoodme.com), or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

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# Supper in a bowl



Spicy and sour flavours combine with aromatic herbs in this low-fat, low-calorie noodle one-pot *recipe* SARA BUENFELD *photograph* STUART OVENDEN

## Asian prawn noodles

*Instead of prawns, you could use leftover chicken or lean meat from a roast. Just add at the end and heat through.*

**SERVES 2** **PREP** 20 mins

**COOK** 5 mins **EASY**

2 nests wholewheat noodles  
3 garlic cloves, finely grated  
1 tbsp finely grated ginger  
handful coriander, leaves and stalks chopped but kept separate  
½-1 red chilli, thinly sliced and deseeded if you don't like it too hot  
1 tbsp tamari  
4 spring onions, sliced at an angle  
125g sugar snap peas  
160g beansprouts, well rinsed  
100g cooked prawns  
1 lime, zested and juiced  
small pack mint leaves (optional)  
sesame oil, to serve (optional)

**1** Put the noodles in a bowl, pour over enough boiling water to cover, set aside to soak for 5 mins, then drain.

**2** Meanwhile, pour 450ml water into a wok or wide pan and add the garlic, ginger, coriander stalks, chilli, tamari, spring onions and sugar snaps. Bring to the boil and simmer for 3 mins, then add the noodles and beansprouts to heat through.

**3** Stir in the prawns, lime zest and juice, coriander leaves and the mint, if using. Return to the boil until steaming hot and serve in deep bowls, drizzled with a dash of sesame oil, if you like.

**GOOD TO KNOW** low fat • low cal • folate • fibre • vit c  
• 2 of 5-a-day

**PER SERVING** 245 kcals • fat 2g • saturates none •  
carbs 35g • sugars 6g • fibre 6g • protein 19g • salt 2.2g



For more diet plan recipes, visit  
[bbcgoodfood.com/extra-hdp-recipes](http://bbcgoodfood.com/extra-hdp-recipes)





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IMMER BESSER





# TOMAHAWK TUESDAYS

Get ready to raise the 'steaks' with our range of premium quality meats at The St. Regis Dubai's award-winning steakhouse. Savor an unsurpassed selection of Tomahawk cuts expertly prepared by our creative chefs to suit your palate.

AED 850 for two persons including a bottle of vintage, two appetizers, two sides and a dessert to share

Every Tuesday, 6:30 pm to midnight

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